## Identifying ANTS: Challenging Different Types of Automatic Thoughts

## Worksheet

The types of automatic thoughts we have can impact how we feel, as well as our mental well-being.

Automatic Negative Thoughts, or ANTS, can guide our behavior without our realizing, and can be hard to control.

Becoming aware of your ANTS and replacing them with more adaptive, rational thoughts is an effective way to enhance your mood, health, and overall quality of life.

## Instructions

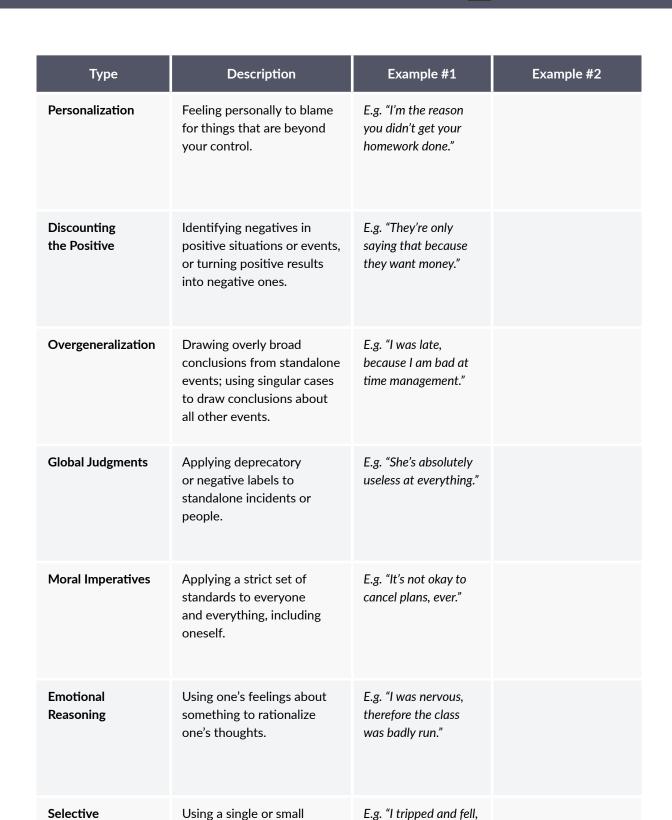
This table explores 10 different types of ANTS. In the far right column, see if you can think of an example for each ANT. Examples are provided in the third column, and a space is provided in the final column for you to think of your own examples.

Understanding their characteristics is the first step to challenging automatic thoughts when you experience a trigger.

Replacing ANTS with new, helpful thoughts is only a matter of time and practice!

Туре	Description	Example #1	Example #2
Dichotomous "All-or nothing" Reasoning	Viewing things as either black or white, overlooking the possibility that things may lie on a spectrum.	E.g. "He's either being entirely honest, or he's out to get me."	
Arbitrary Inference	Drawing conclusions without all the facts.	E.g. "My phone has been silent all day, I haven't got the job."	
Minimization/ Magnification	Over-emphasizing the negative situational attributes while playing down positive ones.	E.g. "The road trip was not super because the car is slightly scratched."	

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negative attribute to draw

conclusions regarding a

whole scenario.

so the whole outing was a disaster."

Abstraction

## **Challenging ANTS**

ANTS are rarely rational or based in fact, so questioning them can be a useful way to deal with them when you notice them popping up.

Use these *Challenge Questions* to confront your ANTS as they occur, so that you can take control and begin replacing them with healthier thoughts.

1.	ls there another possible way to view this situation or person? Are there any facts to back up an alternative explanation?		
2.	Is there any proof that my ANT is correct?		
3.	If my ANT is in fact true, what would be the worst that could happen?		
4.	How might I deal with things if that happened?		
5.	What outcomes might I expect if I believe in my ANT without challenging it?		

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