

POSITIVE THOUGHTS = POSITIVE FEELINGS

What Kind of A.N.Ts Are Ruining Your Life-Picnic?



Types:

1. "All or Nothing Thinking"

2. "Always" thinking.

3. "Focusing on the Negative"

4. "Fortune Telling"

5. "Mind-Reading"
6. "Labeling"

7. "Guilt Beatings"

8. "Magnifying negatives, discounting positives"

9. "Thinking With Your Feelings"

10. "Blame"

ASSIGNMENT:

- A. List below five negative thoughts that you (or someone you know) sometimes have.

B. Then list what type or species it is.

C. Write what you could say to "squash it" by telling it the truth.



ANT (Automatic Negative Thought)	Type/Species	ANT-squashing Truth
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		

- D. List 3 other things you could do to replace negative thoughts, and give an example of each:

1. _____

2. _____

3. _____

**NOTE:* Some negative thoughts that are caused by painful or harmful experiences may need to be resolved through talking about it with a counselor or trusted adult before we can successfully confine it to our "mind-dump." Other times, we are bothered by negative thoughts because we have done something wrong. In that case, we need to apologize and try to make up for the harm we caused, and then we can dump those thoughts as well.

