

# POSITIVE THOUGHTS = POSITIVE FEELINGS

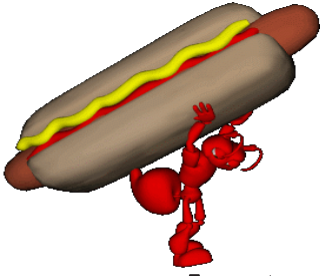
## Identifying and Squashing Automatic Negative Thoughts—“A.N.Ts”

Negative thoughts affect how we feel and how we behave, but we have power to get rid of them by identifying their types and telling them the truth.

|  |   |
|--|---|
| Types:   |   |
| 1. All or Nothing Thinking                     | Something is either all good or all bad, absolute, black or white.            |
| 2. Always thinking.                            | See one negative event as never-ending happening.                             |
| 3. Focusing on the Negative                    | Seeing only the bad in the situation.   |
| 4. Fortune Telling                             | Predicting the worst possible outcome in a situation.                         |
| 5. Mind-Reading                                | Believing you know what a person is thinking when they haven't told you.      |
| 6. Labeling                                    | Attaching a negative label to yourself or others.                             |
| 7. Guilt Beatings                              | Use of “I should” or “ought to” instead of “It would be in my best interest.” |
| 8. Magnifying negatives, discounting positives | Playing up negative, playing down positives.                                  |
| 9. Thinking With Your Feelings                 | I feel a certain way, so it must be true.                                     |
| 10. Blame                                      | Blaming someone else for the problems you have.                               |



| Automatic Negative Thought                            | Type/Species | Squashing Truth |
|---|--------------|-----------------|
| “There’s nothing to do.”                              |              |                 |
| “No one ever plays with me.”                          |              |                 |
| “The teacher doesn’t like me.”                        |              |                 |
| “The whole class will laugh at me.”                   |              |                 |
| “I’m stupid.”   |              |                 |
| “My whole party was ruined by Robb teasing Marianne.” |              |                 |
| “I feel like such a loser. How could anyone like me?” |              |                 |
| “I got a terrible report card!”                       |              |                 |
| “I should be nicer to my Mom in the mornings.”        |              |                 |



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| A.N.T.<br>Automatic Negative Thought                   | Species                     | A.N.T. Squashing Technique   |
|--|-----------------------------|--|
| There's nothing to do                                  | All or nothing thinking     | There are probably lots of things to do if I think about it for a while                                  |
| No one ever plays with me.                             | Always thinking             | That's silly. I have played with lots of kids.   |
| The teacher doesn't like me.                           | Mind reading                | I don't know that. Maybe she's having a bad day or maybe I'm not acting like I need to be in this class. |
| The class will laugh at me.                            | Fortune telling             | I don't know that. Maybe they'll really like my speech.  |
| I am stupid  | Labeling                    | Sometimes I make mistakes but I'm not stupid.  |
| My whole party was ruined by Todd's stinking behavior. | Focusing on the negative    | My party was really fun except for the few minutes when Todd teased too much.                            |
| I feel like such a loser. How could anyone like me?    | Thinking with your feelings | There may be things I need to change (and I'm working on those) but I am still a good person.            |
| I got a terrible report card.                          | Magnifying or minimizing    | I may have gotten one "C" on my report card but all the other grades were "A's" and "B's."               |
| I should be kinder to my mom in the morning.           | Guilt beatings              | Since Mom fixes my lunch and gives me smiles, it would be in my best interest to be nice to her.         |
| It's the teacher's fault.                              | Blame                       | I need to look at my part of the problem and find ways to make the situation better.                     |
| It's all your fault                                    | Blame                       | Maybe we both need to look at the problems we each caused and work toward a better solution.             |