

WORKSHEET:

Managing Automatic Negative Thoughts

Complete this 2-page worksheet to manage ANTs.

1) Describe the trigger or situation that started the negative thought. What happened? Where were you? Who else may have been involved?

2) What thought popped into your mind first? Be honest. What did your mind tell you before you even realized it?

3) Name the emotions you felt. How did you feel after the automatic negative thought happened? Rate the intensity on a scale of 1 to 10.

4) What evidence supports the thought? What facts or experiences do you have that suggest it's valid or true?

5) What evidence goes against this thought or disproves it? Which facts or past experiences invalidate the truth of the automatic negative thought?

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6) Write down a more balanced and truth-based thought. Be kind to yourself - what should you say instead?

7) Recheck your emotions. How do you feel after analyzing the automatic negative thought? Rate the intensity again.

DAILY PRACTICE TIP:

Making even small changes in your thought patterns can equal significant emotional relief. Download and print out several copies of these worksheets and complete them at least once each day...or anytime negative automatic thoughts feel like they may overwhelm you.

