ANTS Removal: Stop Automatic Negative Thoughts

Worksheet

Our thoughts shape how we feel and influence our well-being. Automatic Negative Thoughts (ANTS) can affect our mood and behavior without us even realizing it. We can improve our mental health and quality of life by identifying these thoughts and replacing them with more positive and rational ones.

INSTRUCTIONS

1. Identify triggers: List events or situations often involving ANTS (e.g., an interaction or life event).
2. Recognize the ANT: Write down the negative thought this trigger creates.
3. Replace with positivity: In the final column, reframe the thought into a more constructive, compassionate, and empowering one.

This practice builds **self-awareness** and fosters **healthier thinking patterns.**

Trigger	ANT	Positive replacement
Made a mistake at work or in school.	I'm terrible at this. I'll never be good enough.	Everyone makes mistakes; this is a chance to learn and improve.