

# Automatic Negative Thoughts (ANTS)

Is there another way of looking at this?

Is this thought helpful?

What evidence is there?

How would someone else see this?

What advice would I give someone else?

Is this fact or opinion?

**QUESTION AND CHALLENGE THOSE AUTOMATIC NEGATIVE THOUGHTS**

**IDENTIFY THOSE AUTOMATIC NEGATIVE THOUGHTS**

**COME UP WITH MORE REALISTIC AND OPTIMISTIC THOUGHTS**

