

SHOO away the ANTS

4



How can you shoo away the ANTS?

1. Notice them

The first step in shooing away those ANTS is to notice them. You can't shoo them away if you aren't aware of them.

2. Evidence to support this thought

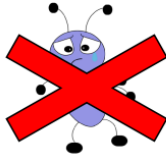
Is there any evidence to support this negative thought? It is very likely that you won't find evidence to support your negative thought.

3. Evidence that doesn't support this thought?

Are there facts that contradict your negative thoughts? Finding evidence that challenges your ANTs can help you see a more accurate picture.. It's like being a detective searching for clues to unravel the mystery of your thoughts! You are likely to find lots of evidence to challenge your thought.

4. New positive thought

What could be the new positive thought?



Shoo away the ant

More questions...

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There are lots of questions you can use to challenge those unhelpful thoughts. Here are some of them.

1. Is there another way of looking at this situation?
2. What would I tell a friend who was thinking this?
3. What is the worst thing that could happen?
4. What is most likely to happen?
5. If my thought is true, then how would I cope with it?
6. Has this happened before? How did I cope?
7. Is this fact or fiction?
8. Is this thought helpful to me?
9. How might someone else who I trust see this?
10. Am I catastrophising? Making mountains out of molehills?
11. How can I reframe this thought?
12. Are my feelings affecting my thinking?
13. Am I expecting too much of myself?
14. How likely is this to happen?
15. If this thought is not true, what alternate thought could I have?

If you need more help...



Automatic Negative Thoughts



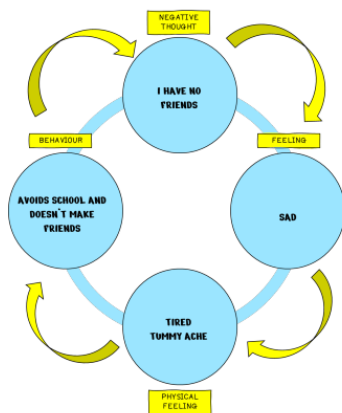
What are ANts or NATs?

1



ANTS are automatic negative thoughts. NATS are Negative automatic thoughts - both mean the same. You might hear both being mentioned. We are using ANTS in this leaflet because they are like tiny bugs in our minds that sometimes make us think negatively about ourselves or situations. But just like we can shoo away real ants, we can also learn to chase away these negative thoughts and make room for positive and happy ones instead!

How we think impacts on how we feel and how we behave. Here is a little diagram to show you.



Example thoughts

2



ANTS aren't helpful at all. Here are some example thoughts.



eLSR support

Let's meet them

3



Here are some of the common ANTS. I wonder if you recognise any of them?

EMOTIONAL EDNA
THINKS WITH HER FEELINGS



FORTUNE TELLER FELICITY
PREDICTS THE WORST OUTCOME



BLAMING BARRY
BLAMES EVERYONE ELSE



ALL OR NOTHING AUDREY
USES WORDS 'ALWAYS', 'NEVER', 'EVER'



LABELING LAWRENCE
CALLS THEMSELVES AND OTHERS NAMES



MINDREADER MAVIS
THINKS SHE IS A MINDREADER



NEGATIVE NANCY
ONLY SEES THE NEGATIVES



GUILTY CERTRUDE
USES 'SHOULD HAVE' A LOT!

