



Automatic Negative Thoughts

ANTs

Which of the following Automatic Negative Thought Patterns
Do Find Yourself Getting Caught Up In?

Always or Never Thinking

(I'll never get any time for myself, I always get the short end of the stick, everyone takes advantage of me, I can never seem to get ahead... etc.)

Focusing on the Negative

("Red pen mentality," looking for mistakes, finding flaws)

Fortune Telling

(Negative forecasting, worst-case scenario thinking, oh no the sky is falling)

Mind-Reading

(Attributing meaning to other people's behavior or actions, believing that you know what others are thinking even though they haven't told you)

Thinking With Your Feelings

(Believing your negative feelings without ever questioning them)

Guilt Beating

(Thinking in words like should, ought, must or have to) Labeling (Attaching a negative label to yourself or to someone else)

Personalizing

(Investing Innocuous events with personal meaning)

Blaming

(Blaming someone else for your own problem)

*Adapted from Dr. Daniel Amen's work and his book entitled "Change Your Brain, Change Your Life"