Automatic Negative Thoughts (ANTS!)

Automatic negative thought:

_____

_____

Testing the automatic thought

1) What is the evidence?

Evidence for: _____

Evidence against: _____

2) What are the errors in my thinking (cognitive distortions)? _____
_____

3) What is an alternative viewpoint? _____
_____

4) What is the worst that could happen? _____
_____

   What is the best that can happen? _____
_____

   What is the most realistic outcome?   _____
_____

   What would I do if the worst happened? _____
_____

5) What can I do to help myself? _____
_____

6) What is the effect of my thinking? _____
_____

Revised thought: _____
_____