ANTs
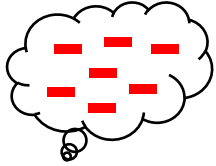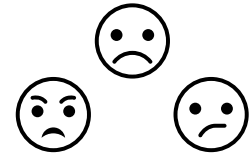## Automatic Negative Thoughts
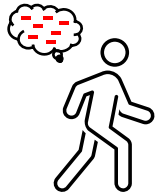
We have many thoughts throughout the day.

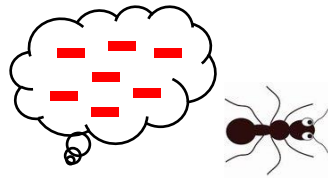Some thoughts are more positive. → "She looks nice today."

Some thoughts are more negative. → "I hate doing my chores."

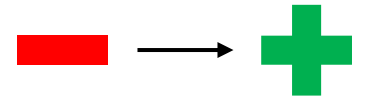When we have lots of negative thoughts, we can feel sad, angry, or anxious.

We often do not even notice we are having negative thoughts.

When these thoughts come to our mind a lot, we call them automatic negative thoughts (ANTs).

Like the insect, we can squish or brush away our ANTs.

We squish or brush away our ANTs by changing our thoughts to be more positive.

Example	Automatic Negative Thought	New Thought
I do not understand the instructions. →	"I am not smart." →	"I do not understand this yet. I can ask for help until I learn it."
Something is new or difficult. →	"I cannot do this." →	"Trying new things is hard sometimes. I can do hard things. I can try my best."
It is raining. →	"I hate the rain. This is going to be a bad day." →	"I know it is raining. I can pick activities that will help me enjoy the day."

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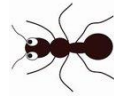
ANTs

Automatic Negative Thoughts
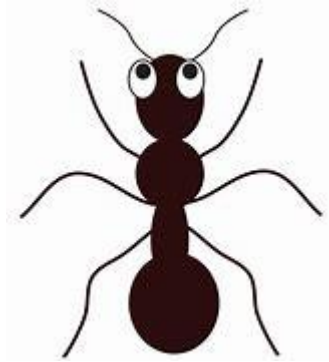
I am not good at this.

Squish or brush away that ANT!

I will give it a try. I will get better at this.