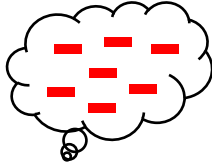





ANTs


Automatic Negative Thoughts



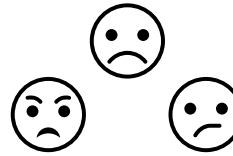
We have many thoughts throughout the day.



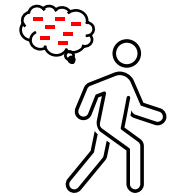
Some thoughts are more positive. → "She looks nice today."



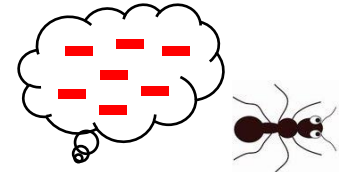
Some thoughts are more negative. → "I hate doing my chores."




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



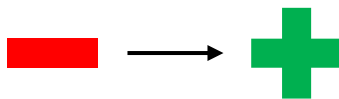
We often do not even notice we are having negative thoughts.



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

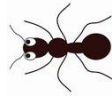


Like the insect, we can squish or brush away our ANTs.

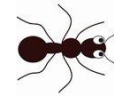


We squish or brush away our ANTs by changing our thoughts to be more positive.

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."

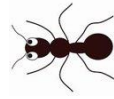


ANTs



Automatic Negative Thoughts

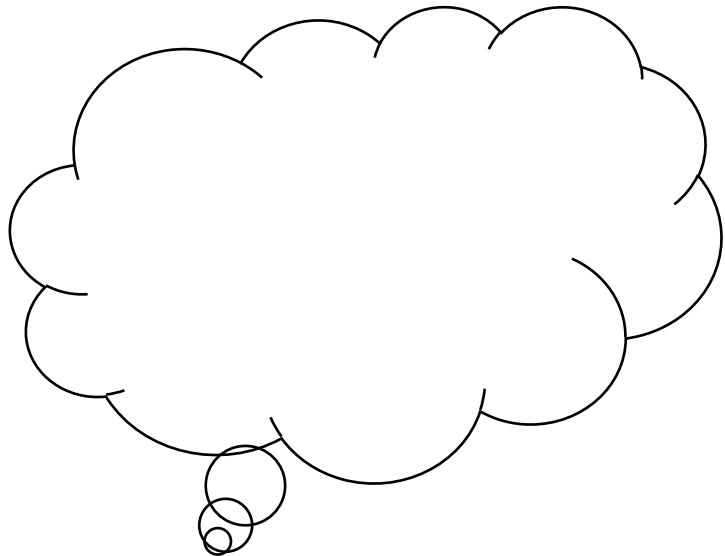
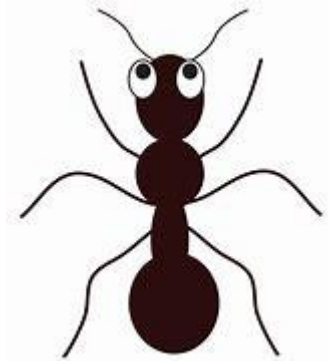
Example	Automatic Negative Thought	New Thought
I do not understand the instructions.	"I am not smart."	"I do not understand this yet. I can ask for help until I learn it."



ANTs



Automatic Negative Thoughts



Squish or
brush away
that ANT!

