



AIM4BrainHealthTraining

Name _____ Date: _____

Exterminate Your ANT's - Change Your Automatic Negative Thoughts – Worksheet (simplified)

Instructions: When you feel upset/anxious/nervous/sad, write down your thought in the left column. Then answer the question in the second column. Write down in the third column how it makes you feel when you think this thought. Lastly write down a thought that more accurately reflects your true reality.

Write down your "stupid/crazy/upsetting" thought here.	Is this really, 100% certain, true? Really? Why or why not?	How do I FEEL when I have this thought	Write down a sentence that more accurately reflects your reality.
Example: "I'll never be happy again"	No – I can't predict the future. I may or may not be happy again	Sad, hopeless	Although I don't know for sure if I will be happy again, chances are, that when I work on my feelings and lifestyle and follow my purpose I have a good chance of feeling happy again.



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