



Automatic Negative Thoughts Worksheet #5: Replacing ANTs

Automatic negative thought replacement is essential because it can help individuals to change their negative thought patterns in a more positive and constructive way. By replacing their automatic negative thoughts with more balanced and realistic thoughts, individuals can reduce the power and influence of these thoughts, and this can ultimately lead to a decrease in negative emotions and an increase in positive ones.

Additionally, automatic negative thought replacement can provide a starting point for working with a therapist or counselor to develop strategies for managing and reframing these thoughts in a more helpful way. By practicing thought replacement on their own, individuals can gain experience and confidence in challenging and changing their automatic negative thoughts. They can be better prepared to work with a therapist to address more difficult or entrenched thought patterns.

Overall, automatic negative thought replacement is an essential tool for individuals who want to improve their emotional well-being and reduce the negative impact of their automatic negative thoughts. By replacing these thoughts with more positive and realistic ones, individuals can take a proactive and empowering step toward improving their mental health and well-being.

The worksheet can provide a helpful framework for individuals to follow as they work on replacing their automatic negative thoughts and can help them to develop new habits and patterns of thinking.

Write any ANTs that you can think of on the left side of the table below. Then, try and find a positive one to challenge them. This exercise does not have a time limit so take your time. We recommend that you set aside some quiet time every week or so to practice. Remember, practice makes it perfect. It is especially true when it comes to mental health exercises...

Automatic Negative Thought	Replacement Thought

