



Automatic Negative Thoughts Worksheet #1

Automatic negative thoughts, also known as automatic thoughts or automatic negative self-talk, are thoughts that occur automatically and outside of an individual's conscious awareness. These thoughts are often negative and can be influenced by an individual's beliefs, attitudes, and past experiences.

Automatic negative thoughts can be difficult to recognize and challenge, but they can be managed through various techniques, such as awareness exercises, cognitive-behavioral therapy, and relaxation techniques. This worksheet will guide you in turning your ANTs into adaptive thoughts that could benefit you.

In the first column, you will write some of your most common triggers that lead to a negative thought. Then you will write the thought that was triggered in the middle column. In the last column, write a more positive and constructive thought that could replace your ANT.

Trigger	Automatic Negative Thought	Adaptive Thought
I failed the exam.	"I am incompetent. I am not smart as other people. I won't succeed in anything I try."	"I did not prepare enough for the exam. I could try different techniques. I might not be successful on this subject, but I can be better at other things."

