



Automatic Negative Thoughts Worksheet #3: Challenging ANTs

Challenging automatic negative thoughts is essential because these thoughts can harm an individual's emotional well-being and behavior. Automatic negative thoughts can lead to negative emotions, such as anxiety, depression, or anger. They can also cause individuals to engage in self-defeating behaviors, such as avoiding challenges or giving up on their goals.

By challenging these thoughts, individuals can begin to question and test their validity rather than automatically accepting them as true. This can help to reduce the power and influence of these thoughts and can ultimately lead to a decrease in negative emotions and an increase in positive ones.

In this worksheet, we will give you a couple of questions for you to think about them. These will help you confront your ANTs and help you replace them with healthy thoughts.

- What is the evidence that this thought is true?

- Is this thought based on facts, or is it an assumption or a guess?

- Is this thought helpful, or does it make me feel worse?

- Is this thought realistic, or is it based on unrealistic expectations or standards?

- Is this thought fair, or does it involve judging myself or others without all the facts?

- Is this thought balanced, or does it involve seeing things in all-or-nothing terms?

- Is this thought flexible, or does it involve rigid, inflexible thinking?