

**Automatic  
Negative  
Thoughts**

**ANTS keep us from seeing good things that are going on.**

**ANTS keep us from having fun.**

**ANTS talk us into having negative feelings.**

**How many examples can you think of?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_