CBT

Automatic Negative Thoughts Worksheet #2: Identifying ANTs

Identifying automatic negative thoughts is essential for treating them because it allows individuals to become aware of their thought patterns and the ways in which they may be contributing to negative emotions or behaviors. By recognizing and naming their automatic negative thoughts, individuals can begin to question and challenge these thoughts 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.

Additionally, identifying automatic negative thoughts 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.

This worksheet will help you identify your ANTs by first understanding every and each ANT. We named some of the types of ANTs and their descriptions. Additionally, we gave an example to each ANT. All you have to do is learn all of those ANTs and give an example.

Type:	Description:	Example #1:	Example #2:
Selective Perception:	Selective perception as an automatic negative thought is the tendency to focus on and remember negative information while filtering out or disregarding positive information. This type of thinking can lead to a distorted and pessimistic view of oneself, others, and the world.	"I can't believe I failed that test; I'm such a failure. I didn't even study that hard. I must be the worst student in the class."	
Mind Reading:	Mind reading is a term used in psychology to refer to the tendency for people to assume that they know what others are thinking	"I ordered too many. She	

	without actually checking to confirm their assumptions.	thinks I'm greedy."	
Exaggeration:	Exaggeration is a common form of automatic negative thinking in which a person magnifies the negative aspects of a situation or experience while minimizing or ignoring the positive aspects.	"I'm getting worse, and I'll sink to the bottom."	
Overgeneralization:	Overgeneralization is a kind of automatic negative thought that refers to the tendency to draw broad conclusions from a single event or piece of evidence.	"Nobody respects me."	
Individualization:	Personalization is a cognitive distortion that involves attributing negative events or experiences to oneself, even when they are not directly related to the person.	"I can't believe I was the only one who didn't get invited to the party. I must be unlikeable."	
All-or-nothing:	All-or-nothing thinking is a cognitive distortion in which an individual sees things in absolutes without considering shades of gray or other nuances.	"If I don't get the promotion, then I must be a terrible employee."	
The Illusion of control:	The illusion of control is a cognitive bias in which an individual overestimates their ability to control or influence events.	"It was my fault that my patient did not recover."	
Arbitrary Interference:	Arbitrary inference is a type of cognitive distortion in which an individual draws conclusions without sufficient evidence to support them.	"I didn't get the job, so I must not be good enough."	
Labeling:	Labeling is a type of cognitive distortion in which an individual assigns a negative or	"He offered me very little	

	overly-simplistic label to themselves or others.	money. He's a mean person."	
Emotional Decisions:	Emotional decisions are impulsive or reactive decisions that are influenced by emotions rather than by logical thinking or careful consideration of the facts.	"I'm so angry at him. I don't care if it's the right thing to do or not, I'm going to break up with him."	
Anxiety:	In the context of automatic negative thoughts, anxiety can manifest as a persistent or excessive worry about potential negative outcomes or threats.	"I am going to fail this class."	