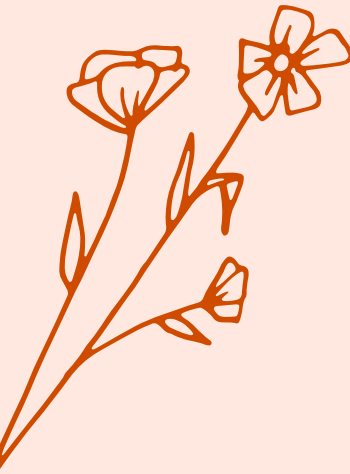




# Automatic Negative Thoughts (ANTs)

Automatic Negative Thoughts known as ANTs are quick, unfiltered thoughts that pop into our mind, often without us realising it. They tend to be negative, self-critical, or fear-based. They happen so fast and frequently that they feel true even when they are exaggerated or inaccurate.



**Examples of ANTs**  
“I’m not good enough.”  
“Something bad is going to happen.”

## **Possible Origins of ANTs:**

These thoughts often trace back to earlier experiences or repeated patterns, such as Adverse Childhood Experiences (ACEs), emotional, physical, or sexual abuse, bullying or repeated criticism, trauma or significant past failures, family or cultural messages.



# Thoughts on Trial

This exercise helps you examine an unhelpful or irrational thought by treating it like a case in court. You will explore the evidence for and against the thought.

Only **facts** allowed.

The thought: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Evidence for my thought:

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Evidence against my thought:

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Using evidence from both sides, is this thought accurate and fair?

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How can I reframe my negative thought to a more realistic one?

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