

FEED YOUR ANTEATER AND FEEL BETTER

Whenever you notice an automatic negative thought (ANT) entering your mind, train yourself to recognize it and write it down. When you write down your ANTs and talk back to them, you begin to take away their power and gain control over your moods. Kill the ANTs by feeding your emotional ANTeater.

Learning how to kill the ANTs and develop an internal ANTeater has been shown in scientific studies to be as effective as antidepressant medications to treat anxiety and depression!

KILL THE ANTS - FEED YOUR ANTEATER

Develop an internal ANTeater that can kill all the negative thoughts that come into your head and mess up your life. Teach your ANTeater to talk back to the ANTs so you can free yourself from negative thinking patterns.

- Notice your ANT
- Write it down
- Identify the type of ANT it is
- Kill the ANT by talking back to it - challenge the thought

This exercise is for whenever you need to be in control of your mind. Whenever you feel depressed, anxious, nervous or frazzled, fill out your ANTeater worksheet. Here are examples:

ANT	SPECIES OF ANT	KILL THE ANT
(Write out the automatic negative thought)	(Identify the type of negative thought)	(Talk back to the negative thought)
You never listen to me.	Always/never thinking	I feel like you never listen to me, but I know you have listened to me before and will do so again.
The boss doesn't like me.	Mind reading	I don't know that. Maybe she's just having a bad day. Bosses are people, too.
The whole class will laugh at me.	Fortune telling	I don't know that. Maybe they will really like my speech.
I'm stupid.	Labeling	Sometimes I do things that are not smart, but I am not stupid.
It's your fault we have these marital problems.	Blaming	I need to look at my part in the problems and look for ways I can make the situation better.
I should have done better.	Guilt beating	I will learn from my mistakes and do better next time.

