

TYPES OF ANTS (AUTOMATIC NEGATIVE THOUGHTS)

1. Mind Reading - predicting that someone is thinking negatively about you *"I think I'm going to get fired. I think you don't like me."*
2. Fortune Telling - Predicting a bad outcome before it occurs *"This new job won't work out. I know something bad will happen."*
3. Overgeneralizations - Always, never, every time, everyone *"You never listen to me. It always turns out like this."*
4. Guilt beatings - Obsessing on past failures or problems (Woulda, coulda, shoulda) *"I should have done better. I'm a failure."*
5. Focusing on the Negative - seeing the glass half empty even if it goes well *"Just because the stock market went up doesn't mean I will make up for what I lost."*
6. Thinking with your feelings - allowing your feelings to convince you of reality *"I feel disconnected and neglected, so you must not love me anymore."*
7. Labeling - generalizing with broad assumptions *"You were late for the meeting so you must be lazy, a procrastinator, and not care."*
8. Personalization - Misinterpreting things, taking them personally *"You forgot what I asked you to bring from the grocery store so you must not care"*
9. Blaming - Avoiding responsibility and putting the blame on others *"I am not at fault. I am a helpless victim."*