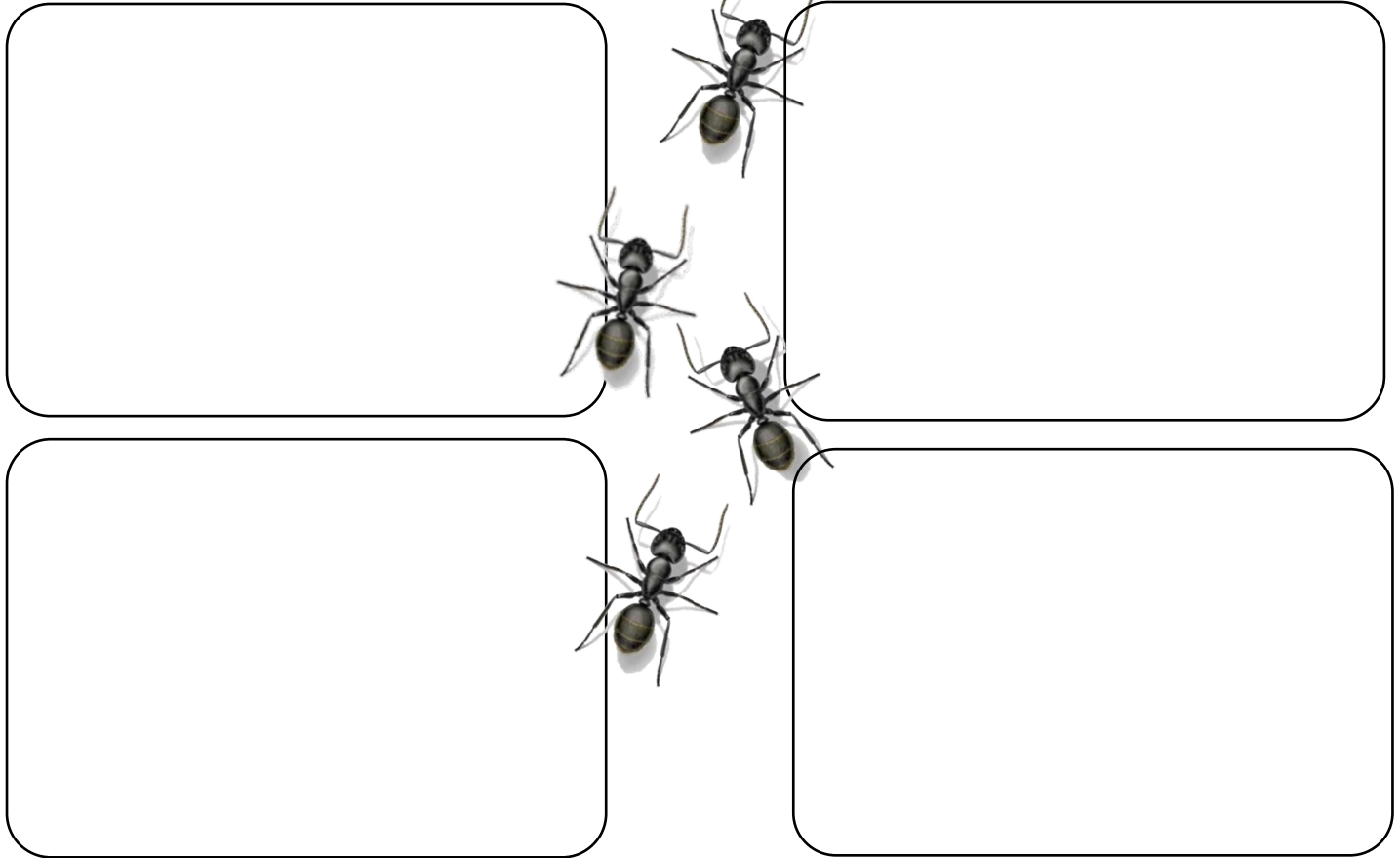


ANTS aren't great!

Everyone questions themselves, doubts themselves & feels negative about themselves. You're not alone. Society has kind of created this problem for all of us. It is normal to have a few negative thoughts every once and a while, but if you are having negative thoughts you need to squash them. Automatic Negative Thoughts (ANTS) are like ants at a picnic, it's not GREAT & you don't want them to grow in number.

Write down the ANTS you have about yourself or the world around you.



The image shows four ants walking across the page. They are positioned between four empty rounded rectangular boxes, two on the left and two on the right, arranged in a 2x2 grid. The ants are walking from top to bottom, with the top ant at the top, the middle two ants in the center, and the bottom ant at the bottom.

Take one of your ANTS above and turn it into a positive thought.

When things go well who takes the credit?

You should.

When things don't work out is it always your fault?

No.

Look for ways of explaining bad things that are outside of your control.

Successful people are good at finding other explanations.