

SQUISH THE A.N.T.S

(Automatic Negative Thoughts)

A.N.T.s	Replacement Thoughts
1. If I can't do it well, I might as well not try.	1. It's okay to make mistakes
2. He makes me so mad.	2. No one can make me angry if I do not let them.
3. I'm never good enough.	3. I will do my best and I will be satisfied with that.
4. I am not as attractive as they are.	4. God made me beautiful in my own way. Besides, they might be thinking the same thing about me.
5. This task looks really difficult.	5. I can handle anything I set my mind to.
6. If I don't do well on this test, I'm a failure.	6. D's get degrees. I'll do the best I can with the time and energy I have.
7. I'm such a clutz.	7. Everyone messes up sometimes. I'll be more careful next time.
8. I'm a loser.	8. My friends and family love me. God loves me.
9. Everyone hates me.	9. No one is loved by the whole world. Those who know me love me for who I am.
10. I'm the dumbest one in this class.	10. I might need more time and effort to do as well as they do, but comparing myself to them won't help.
11. This class is a waste of time.	11. Everyone can learn something from everyone. If the class is worthless, I can still learn life lessons from peers and the professor.
12. Nobody does anything nice for me.	12. I won't be disappointed in not getting what others don't know I want or need.
13. I never win anything.	13. Everyone is probably thinking the same thing. I can be excited for the winner. My worth is not based on luck.
14. I know I can do better in life.	14. Yes, I can do better. Everyone can. But, change is a process, not a leap.

Source: Adapted from *Change Your Brain, Change Your Life*, Dr. Daniel Amen and a handout from the BYU CCC Stress Management Lab