

ANTs – Automatic Negative Thoughts i.e. If you believe that nobody likes you, the resulting emotions would be, anxiety and defensiveness. If you believe that “people don’t care” you will avoid risking new relationships, thereby never dealing with your fears.

These “ANTs” can become habitual thought patterns that lead to anxiety, depression and stress.

Life Management Skill #3

R

REPETITIVE THOUGHT

What is the repetitive thought? *If people get to know me they won't like me.*
On a scale of 1 to 10, how strongly do I believe this thought to be true? *Eight.*
Emotional result of this thought? *Fear* Scale: *Nine*

E

EFFECT

What effect does this have on my behavior? *Isolate/Don't get close to people/ Can't ask for help.*

A

ACCURACY

What evidence makes this thought true? *People have found out I'm an addict and avoided me.*
What evidence makes this thought false? *Some have reached out to me. Not all people will reject me.* What is more likely true? *Some people will like me, some won't.*

C

CHALLENGE

To whom can I go to challenge my thinking and check out my mind reading? *My Bible Study Group.*

H

HELP

Who can help you? *I'll ask my friend or my counselor to tell me if my thinking is accurate or realistic. They will help me look at the truth.*

Life Management Skill #3

R

REPETITIVE THOUGHT

What is the repetitive thought? _____.

On a scale of 1 to 10, how strongly do I believe this thought to be true? _____.

Emotional result of this thought? _____ Scale: _____.

E

EFFECT

What effect does this have on my behavior? _____

A

ACCURACY

What evidence makes this thought true? _____

What evidence makes this thought false? _____

What is more likely true? _____

C

CHALLENGE

To whom can I go to challenge my thinking and check out my mind reading? _____

H

HELP

Who can help you? _____
