

Advanced ANT Eater Form

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How to Conquer Your Automatic Negative Thoughts (ANT's)

1. Write an Automatic Negative Thought (ANT) below

I _____.

1. Is that true?

- a. YES = go to Question 2.
- b. NO = go to Question 3.

2. If YES, can I be 100% certain this is absolutely true?

- a. NO = go to Question 3
- b. IF YES = ask yourself the following question:
 - i. "If that ANT were true, what would that say about me as a person?"

1. Write in your core negative self-belief:

"I am: _____"

2. Is that true?

a. *Yes _____ No _____ Go to Q.3

b. If YES, can I be 100% certain this is absolutely true?

*Yes _____ No _____ Go to Q.3

*If YES, go back and repeat 2B. Note your core negative self-beliefs each time.

"I am: _____"

"I am: _____"

"I am: _____"

Continue to cycle through, noting all core negative beliefs (ANT's) until you can answer "NO". Then, go to Q.3

3. How does that ANT make you feel?

-Write out specifically the emotions you experience when you with the ANT:

Answer: I feel

What actions/behaviors or inactions do you engage in when you have these thoughts and feelings?

Answer:

4. Imagine your life without the ANT or Core Negative Belief.

How would you feel differently about yourself?

Answer:

How would your life be different without this ANT?

Answer:

List some things that you would start to do (new goals, small activities, or small steps) or do differently *if the ANT didn't exist*.

Answer:

Break these step, activities or goals into very small actions below.

Answer:

- 1.
- 2.
- 3.
- 4.
- 5.

Schedule these small steps, actions or activities above and DO them over the course of the coming week. Commit to new actions by adding at least one step above to your calendar this week. Continue to add up more steps as you progress.

5. The ANT is not true. Now turn the original ANT/Core Negative Belief around. Make that statement. You may acknowledge intentions and goals that are true.

1. Is that true? Circle Answer.

- a. YES! = Congratulate yourself.
- b. NO = go back to Question 2. You have not successfully challenged the ANT/Core Negative Belief. Continue to cycle through until you can complete this section. Keep at it until you can honestly say, that the ANT/Core Negative Belief is not true about yourself.

2. How does the above TRUE statement make you feel?

Elaborate Your Answer:

❖ **Congratulations!** You have consciously challenged an Automatic Negative Thought (ANT/Core Negative Belief).

- ANT's are "Old Brain" beliefs that actively and unconsciously taint your self image, perceptions of self. They distort your perceptions and discolor self-fulfilling prophecies you cast upon yourself and others.
- Remember: your outdated trauma/wound center deep in your emotional brain doesn't know what year it is, nor your cumulative experience and whole-life 'conclusions' that are current; just old business and distorted perceptions and old conclusions.
- Challenging your ANT's with a rational (new) cognitive data over and over will eventually update the facts and over write your outdated core negative beliefs.

❖ **Don't give up!** Practice daily. It can take 50 – 100 rational brain challenges before those old stubborn ANT's will give it up!

- Don't let your ANT's ruin your day, your relationships, or your life!
- Make challenging your ANTS, a "brain-healthy" habit.