Handout 8.3: Recognizing Your ANTs
(Automatic Negative Thoughts)

Remember: You CAN eradicate the ANTs! This concept is based on the work of psychiatrist Daniel Amen, author of "Change Your Brain, Change Your Life."

Automatic Negative Thought (ANT)	Type of ANT Distortion

13 Types of ANT Distortions That Lead to Low Self-Esteem

1. *Catastrophizing.* You label things as horrible and awful instead of unfortunate and disappointing: *"This is HORRIBLE!"*
2. *Fortune telling.* You think you can predict the future: *"I'll never find anyone who will be interested in me. I'll be alone the rest of my life."*
3. *Black-and-white thinking.* You make all-or-nothing assumptions: *"No men are trustworthy."*
4. *Personalization.* You blame yourself for things that are out of your control: *"I am to blame for my child's issues."*
5. *Jumping to conclusions.* You make assumptions and regard them as fact: *"He told me that he couldn't come to the party because he just doesn't like me."*
6. *Labeling.* You label yourself and others instead of being specific: *Instead of saying, "I made a mistake," you label yourself a "failure" or a "loser."*
7. *Magnification.* You make mountains out of molehills: *"This is the worst day of my life!"*
8. *Minimization.* You deny that things are an issue when they are: *You say "It's not a big deal!" (when it really is) or "I don't care!" (when you really do).*

9. *"Shoulding."* You have judgmental attitudes toward yourself and others: *"He shouldn't be so upset about it"* or *"I should be smarter and thinner than I am."*

10. *Making comparisons.* You compare yourself to others: *"He is so much smarter than me. I'm stupid."*

11. *Mental filter.* You focus on one negative detail and not the whole picture, discounting the positives: *"My large nose makes me look ugly."*

12. *Emotional reasoning.* If you feel it, you think it must be true: *"I feel like an idiot; therefore, I am."*

13. *Globalizing.* You see temporary feelings as permanent: *"I feel bad now, and always will."*