

Are your thoughts helpful?



We all have unhelpful thoughts sometimes. These are called Automatic Negative Thoughts - ANTS. But if we can learn to CATCH these thoughts, then CHALLENGE and CHANGE them, we can feel better.

When you are FEELING sad, angry or frustrated, STOP and notice what you are SAYING to yourself (your ANTS):

- Are you catastrophising - exaggerating the truth?
- Are you focusing on the negative - ignoring your strengths?
- Where is the evidence for your thoughts – look for clues like a detective?
- Are these thoughts helpful- helping you do what you'd like, or stopping you?
- Have you felt like this before? What helped?
- What is the worst thing that could happen? How likely is that?
- How else could you look at it – what would a friend say?
- What is a more helpful thought?

