

# ANTS- AUTOMATIC NEGATIVE THINKING

A THERAPEUTIC TOOL TO HELP YOU WORK THROUGH YOUR UNHELPFUL THINKING

MADE BY A THERAPIST



**ALL-OR-NOTHING**  
Allan



This is a black-and-white perspective where things are seen as either perfect or a complete failure, with no room for any shades of gray.  
For example, thinking that if you're not perfect at your job, then you're a complete failure.

**LABELLING**  
Lary



Involves categorizing oneself or others based on a single behavior or characteristic.  
For example, "I'm a failure!" - how label yourself as a failure based on a single mistake or personal failure.

**MINIMALIZING**  
Molly



To minimize other someone's achievement or diminish the significance of a situation or event.  
For example, you have a meeting, "It's not big deal", when people congratulate you on receiving the meeting fee.

**FORTL**



This known as "catastrophic thinking" or "total thinking." It is a negative distortion that involves making negative predictions or assumptions about the future without any concrete evidence or facts.  
For example, "I got a bad grade, I'm going to fail the course."

**CONTROL FALLACIES**  
Charlie



Believing that either you have complete control over a situation or that you have no control at all. For example, feeling responsible for someone else's happiness or concluding that you can't do anything to improve your circumstances.

**DISCOUNTING THE POSITIVE**  
Dean



Minimizing or dismissing positive experiences or achievements as insignificant or doubtful.  
For example, winning a personal goal but believing it wasn't a big deal or that it doesn't count.

**OVERGENERALIZATION**  
Oscar



Making general conclusions based on one negative experience or incident. For example, if one job interview goes poorly, assuming that you will never get hired elsewhere.  
For example, believing that because you failed at one task, you'll fail at all similar tasks in the future.

**MENTAL FILTER**  
Mary



Focusing on the negative aspects of a situation while ignoring or discounting any positive elements.  
For example, receiving several compliments on a project but dwelling on one piece of negative feedback.

COUNSELLOR CRONAN

# Thinking About Ants

**B Lingard**



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