



## 15 Automatic Negative Thoughts (ANTs)



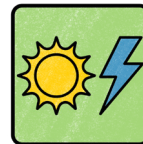
**1. Catastrophizing**  
Making a small problem seem like a huge disaster.

"If I mess up one basketball shot, everyone will make fun of me forever and I'll never be invited to play again."



**2. Fortune Telling**  
Predicting bad things will happen without any real evidence.

"Nobody at that lunch table would want me to sit with them, so I shouldn't even try."



**3. All-Or-Nothing**  
Believing things are either perfect or terrible with nothing in between.

"If I'm not the best player on the team, I shouldn't play at all."



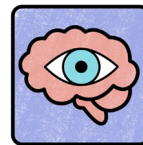
**4. Overgeneralizing**  
Thinking one bad experience means everything will always be bad.

"I had a lonely day today, so every day at school will be lonely forever."



**5. Personalizing**  
Believing others' actions or comments are about you when they might not be.

"Those kids are laughing, so they must be laughing about me."



**6. Mind Reading**  
Assuming you know what others are thinking without asking them.

"Maria thinks I'm weird for not joining the team."



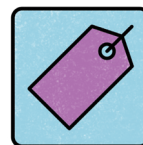
**7. Should Statements**  
Putting pressure on yourself by thinking about what you "should" be able to do.

"I should be better at introducing myself by now."



**8. Emotional Reasoning**  
Believing your feelings are facts about the world.

"I feel lonely, so that means nobody likes me."



**9. Labeling**  
Putting a negative label on yourself instead of describing a specific situation.

"I'm a terrible artist" instead of "I'm still learning to draw."



**10. Magnifying**  
Making small problems seem much bigger than they really are.

"Being marked tardy once will ruin my whole school record!"



**11. Mental Filtering**  
Only noticing the bad things and ignoring all the good things.

"I only remember the times I've dropped the ball, not the times I've played well."



**12. Compare and Despair**  
Comparing yourself to others and feeling bad about the differences.

"Everyone else makes friends so easily. Why am I the only one who struggles?"



**13. Blaming**  
Pointing fingers at others instead of looking for solutions together.

"It's all my partner's fault our music duet doesn't sound good."



**14. Disqualifying the Positive**  
Brushing off good things by saying they don't count.

"The teacher only praised my drawing to be nice, not because it was actually good."



**15. Minimizing**  
Thinking your accomplishments or experiences aren't important.

"My experience isn't valuable enough to help the new student."

