

## Step 1 Identify ANTs & Cognitive Errors



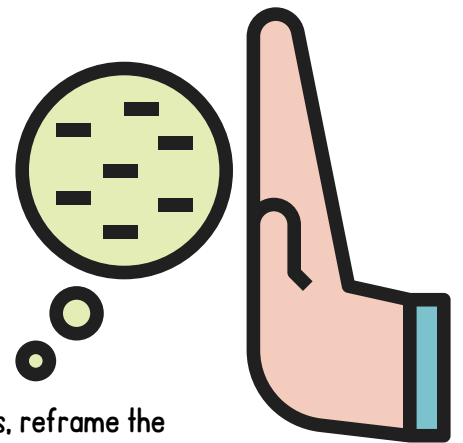
1. Notice when you feel upset, anxious, or down. Ask yourself, "What thought is going through my mind right now?"
2. Write down the thought in your Thought Log
3. Identify if there is a cognitive error in the thought



## Step 2 Challenge Negative Thoughts

1. Ask yourself if these distortions are realistic and if you have fallen into these thinking traps before.
2. Consider the facts. What evidence supports this thought? What evidence contradicts it?
3. Ask Questions:
  - Is there another way to look at this situation?
  - What would I say to a friend who had this thought?
  - Am I considering all the information or just focusing on the negative?

## Step 3 Replace Negative Thoughts



1. Create a Balanced Thought: Based on the evidence and alternative explanations, reframe the negative thought into a more balanced and realistic one.
  - Example: If your negative thought was "I'll never succeed at anything," you might reframe it to "I've had successes and failures, and I can learn and improve over time."
2. Repeat until this becomes a habit!