

# Automatic Negative Thoughts (ANTS) Worksheet

*This worksheet can be used alongside the Village Church Mental Health episode “Automatic Negative Thoughts (ANTS),” accessible at <https://villagechurchdigital.org/resource/ants/>*

## Reflect on the Situation

What is the situation? What are your initial thoughts and feelings?

How do you want to respond to this situation? What good could come from this response?

## Challenge Your ANTS

What stirred or triggered you?

What are your negative thoughts about this situation? What cognitive distortions are in play?

What evidence do you have to support your negative thoughts?

What evidence do you have to disprove or invalidate your negative thoughts?

## Reframe ANT into a Balanced Thought

What could be a balanced thought ?

What is your next step to address this situation in a healthy, productive and proactive way?