

HANDOUT 6-E

QUESTIONS TO CHALLENGE OUR NEGATIVE THOUGHTS

Aside from how you feel, what is the evidence that your negative thought is true? What is the evidence that it is not true?

Are you 100 percent certain that your fear is true? If not, what is the real chance?

If your predicted bad outcome occurs, what will be the real consequences of it? How might you best cope with those consequences? What will still be good in your life?

What ANTS do you recognize in your thoughts?

Apart from how you feel, what is the evidence that your thought is accurate? What is the evidence that it isn't accurate?

Are there other outcomes that are possible?

What are other possible explanations for what happened?

What would you tell a valued friend who thought this way?

What might other people think about this?

What part of this do you have control over?

What are the advantages of thinking this way? What are the disadvantages?

How much will this matter a year from now?

What practical steps can you take to affect the outcome?

~~What are alternative explanations for what happened?~~

Given what has happened, what are your options for responding to it?

HANDOUT 6-F
LET'S GO ANT HUNTING: APPLYING COGNITIVE BEHAVIORAL THERAPY

Describe the situation:

What negative emotions did you feel? (e.g., anxiety, worry, anger, sadness, guilt, shame, etc.)

What were your thoughts?

What varieties of ANTS do you notice? (e.g., fortune telling, mind reading, etc.)

What questions can you ask yourself about your ANTS? (e.g., "Except for how you feel, what is the evidence that your thought is accurate? What is the evidence that it is not accurate?" See Handout 6-E for a list of ANT-eater questions.)

What might be some alternative ways for you to think about this? What thoughts could you use to replace your ANTS?
