



ANTs Killing Journal Page

Practice killing the ANTs to help prevent an ANT infestation from taking over your brain. Follow the steps below and repeat as often as you feel the ANTs crawling back. Over time you should notice less and less ANTs returning, and as a result – more confidence and a healthier self-esteem! 😊

Step One: Journal Your REAL Feelings

Whenever you feel anxious, and you feel your internal dialog obsessing over negative thoughts, put a stop to the internal endless loop cycle of negative thought patterns by *writing-them-down*. Once on paper they lift from your mind (it feels so much better to give your mind some relief from that pressure!).

Dr. Amen's newest book, '[Your Brain is Always Listening](#)' talks about how your brain listens and registers every thought you have, so if you repeatedly tell yourself something negative - your brain will believe it and obey. That is why it's crucial to put in the extra effort to re-train that mode of thinking and not allow it to take root in your brain.

Let's practice by writing down an ANT that has been crawling around in your mind lately:

ANT: _____
_____.

Example: *Everyone thinks I'm weird for feeling anxious about being around people. Everyone is back to 'life as normal' since the COVID pandemic and I'm not ready. They probably believe I'm weak and don't love them.*

Step Two: Identify What Type of Ants You Have Most Often

- All-or-Nothing ANTs: Thinking that things are either all good or all bad
- Less-Than ANTs: Comparing and seeing yourself as less than others
- Just-the-Bad ANTs: Seeing only the bad in a situation
- Guilt-Beating ANTs: Thinking in words like *should*, *must*, *ought*, or *have to*
- Labeling ANTs: Attaching a negative label to yourself or someone else
- Fortune-Telling ANTs: Predicting the worst possible outcome for a situation with little or no evidence for it
- Mind-Reading ANTs: Believing you know what other people are thinking even though they haven't told you
- If-Only and I'll-Be-Happy-When ANTs: Arguing with the past and longing for the future
- Blaming ANTs: Blaming someone else for your problems

Let's practice attaching an ANT-type to the ANT you wrote above. Which ANT (you can select more than one) best fits the statement you wrote?

ANT Type(s): _____

Example: "Everyone thinks I'm weird..." "They probably think I'm weak and don't love them." Would best fit in the 'Mind-Reading', 'Less-Than' & 'Labeling' ANTs.

Step Three: Screen Each ANT with these 5 questions...

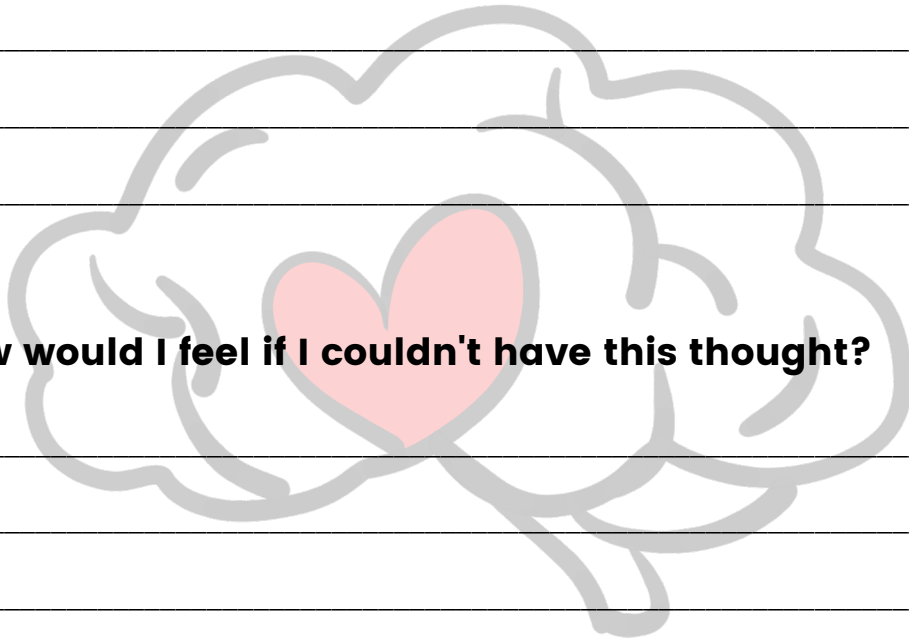
This is the method where the magic happens, where you have a quick conversation with your mind to teach it how to discern what is an ANT from reality...

1. Is it absolutely true with 100% certainty?

2. How do I feel when I believe this thought?

3. How do I treat myself with this thought? How do I treat others?

4. How would I feel if I couldn't have this thought?



5. Is there a good reason for me to hold onto this thought?

Ask yourself if the opposite of the thought is true, or even truer than the original thought. Write down the opposite of the original ANT you wrote above, down below, and use this opposite version as an affirmation you repeat to yourself often (you might also consider taping this page up next to your mirror or where you can see it often, to further help retrain your brain into more positive thinking):

