What are ANTs?

A tool for recognising and reframing unhelpful thinking patterns

ANTs are quick, unfiltered thoughts that pop into our minds in response to situations. They're often distorted, unhelpful, and based on old patterns or fears... not on facts. They feel automatic, but they're learned... and that means they can be unlearned.

Common ANT Patterns

All-or-Nothing Thinking	*"If I'm not perfect, I'm a failure."*
Mind Reading	*"They haven't replied... they must hate me."*
Catastrophising	*"This is a disaster. I'll never recover from this."*
Labelling	*"I'm such an idiot."*
Overgeneralising	*"This always happens to me."*
Shoulds & Musts	*"I should have known better."*
Personalisation	*"It's my fault they're upset."*

Try This Instead

When you think...	**Try reframing it as...**
"I'm such a failure."	*I made a mistake, but I'm still learning."*
"They must hate me."	*"I don't know what they're thinking."*
"This always happens."	*"It happened this time. That doesn't mean always."*
"I should be better by now."	*"I'm doing the best I can right now."*

Pause. Notice. Reframe.

Just because you think it doesn't make it true.
You can challenge your NATs with gentle curiosity.