

ANTS- AUTOMATIC NEGATIVE THINKING

A THERAPEUTIC TOOL TO HELP YOU WORK THROUGH YOUR UNHELPFUL THINKING

MADE BY A THERAPIST



ALL-OR-NOTHING Allan



This is a black-and-white perspective where things are seen as either perfect or a complete failure, with no room for any shades of gray.
For example, thinking that if you're not perfect at your job, then you're a complete failure.

LABELLING Lary



Involves categorizing oneself or others based on a single behavior or characteristic.
For example, "I'm a failure!" - how label yourself as a failure based on a single mistake or personal failure.

MINIMALIZING Molly



It means when someone describes or describes the significance of a situation or event.
For example, you have a meeting, "It's not big deal", when people congratulate you on winning the meeting then.

FORTL



This known as "catastrophic thinking" or "total nothing." It is a negative distortion that involves making negative predictions or assumptions about the future without any concrete evidence or facts.
For example, "I got a bad grade, I'm going to fail the course."

CONTROL FALLACIES Charlie



Believing that either you have complete control over a situation or that no-one is control at all. For example, feeling responsible for someone else's happiness or concluding that you can't do anything to improve your circumstances.

DISCOUNTING THE POSITIVE Dean



Minimizing or dismissing positive experiences or achievements as insignificant or doubtful.
For example, winning a personal goal but believing it wasn't a big deal or that it doesn't count.

OVERGENERALIZATION Oscar



Making general conclusions based on one negative experience or incident. For example, if one job interview goes poorly, assuming that you will never get hired elsewhere.
For example, believing that because you failed at one task, you'll fail at all similar tasks in the future.

MENTAL FILTER Mary



Focusing on the negative aspects of a situation while ignoring or discounting any positive elements.
For example, receiving several compliments on a project but dwelling on one piece of negative feedback.

COUNSELLOR CRONAN

Thinking About Ants

Lei Shi



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Table of Contents Thinking About Ants

1. Understanding the eBook Thinking About Ants
 - The Rise of Digital Reading Thinking About Ants
 - Advantages of eBooks Over Traditional Books
2. Identifying Thinking About Ants
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Thinking About Ants
 - User-Friendly Interface
4. Exploring eBook Recommendations from Thinking About Ants
 - Personalized Recommendations
 - Thinking About Ants User Reviews and Ratings
 - Thinking About Ants and Bestseller Lists
5. Accessing Thinking About Ants Free and Paid eBooks
 - Thinking About Ants Public Domain eBooks
 - Thinking About Ants eBook Subscription Services
 - Thinking About Ants Budget-Friendly Options

6. Navigating Thinking About Ants eBook Formats
 - ePub, PDF, MOBI, and More
 - Thinking About Ants Compatibility with Devices
 - Thinking About Ants Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Thinking About Ants
 - Highlighting and Note-Taking Thinking About Ants
 - Interactive Elements Thinking About Ants
8. Staying Engaged with Thinking About Ants
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Thinking About Ants
9. Balancing eBooks and Physical Books Thinking About Ants
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Thinking About Ants
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Thinking About Ants
 - Setting Reading Goals Thinking About Ants
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Thinking About Ants
 - Fact-Checking eBook Content of Thinking About Ants
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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