

Taking Time to B.R.E.A.T.H.E.

## H = Harnessing Your Thoughts



### My Accomplishments!



Self-awareness -- Dr. Amen speaks about 9 types of **Automatic Negative Thoughts**, or **ANTS**. Examine the different species of ANTs below and write about which ANTs seem to crawl into your mind the most, and when you find yourself thinking this way.

- **“All or Nothing” Thinking**– Thoughts that are all good or all bad.
- **“Always” Thinking**– Thinking in words like always, never, no one, everyone, every time, everything.
- **Focusing on The Negative**– Only seeing the bad in a situation.
- **Fortune Telling**– Predicting the worst possible outcome to a situation with little or no evidence for it.
- **Mind Reading**– Believing that you know what another person is thinking even though they haven’t told you.
- **Thinking with Your Feelings**– Believing negative feelings without ever questioning them.
- **Guilt Beatings**– Thinking in words like should, must, ought, or have to.
- **Labeling**– Attaching a negative label to yourself or someone else.
- **Blame**– Blaming someone else for your problems.



Choose a few of your negative thoughts, and for each, combat it with these four questions and write your answers:

- Is it true?
- Can I absolutely know that it’s true?
- How do I react when I think that thought?
- Who would I be without that thought? Or, how would I feel if I didn’t have that thought?



Put a rubber band or bracelet on your wrist and when you find yourself having a negative thought, switch the rubber band or bracelet to your other wrist. Do this each time you have a negative thought to build your self-awareness.



Snap out of it -- When you find yourself stuck in a spiral of negative thoughts, snap your fingers 50 times, and then come up with a positive thought about yourself.



Move that body -- If you are stuck in negative thinking, go for a walk or run... or do jumping jacks.



President Teddy Roosevelt said, "Comparison is the thief of joy." Write a few paragraphs about who you compare yourself to and why. How could you shift that comparison to just be happy for them and happy for you?



**I'm a powerful ANTeater!**