

CATCHING ANTs:

How to Catch, Check, & Challenge Automatic Negative Thoughts

When you get upset, you often have negative thoughts. These thoughts may happen automatically and increase your pain and negative mood. You can feel better physically and emotionally by catching ANTs when they occur, noticing how they make you feel, and challenging them with a more balanced thought.

Identify at least one ANT each day. Evaluate the thought and generate a new helpful one.

| <i>Day/Situation</i> | <i>Catch It!</i> <i>Identify ANT</i> | <i>Check It!</i> <i>Effect on your pain/mood</i> | <i>Challenge It!</i> <i>Positive/balanced coping statement</i> |
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| <i>Tuesday/Cleaning garage and pain flares</i> | <i>This pain is killing me. I can't do anything anymore.</i> | Helpful or Harmful | <i>I am hurting right now because I overdid it but I know that I will feel better soon. Then I will pace myself to get the job done.</i> |
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Adapted with permission from S. Paylo, PhD & John McQuaid, PhD