

# LEARN TO KILL THE ANTS: DO 5 QUESTIONS WITH 5 THOUGHTS

Whenever you feel sad, mad, nervous or out of control, write down your ANT (Automatic Negative Thought), identify which type it is (there may be more than one type), then ask yourself 5 very simple questions. They are life-changing. When you answer them, there are no right or wrong answers; they are just questions to open your mind to alternative solutions. Meditate on each one to see how they truly make you feel.

## The 9 most common types of ANTs are:

**All-or-Nothing ANTs**—thinking things are all good or all bad

**Less-Than ANTs**—comparing yourself to others in negative ways

**Just the Bad ANTs**—only seeing the bad in situations and people and ignoring the good

**Guilt Beating ANTs**— thinking in words like should, must, ought, or have to

**Labeling ANTs**—labeling yourself or others with a negative term

**Fortune Telling ANTs**—predicting the worst

**Mind Reading ANTs**—believing you know what others are thinking

**If Only and I'll Be Happier When ANTs**—spending time in regret for things you can't change

**Blaming ANTs**—blaming others for what goes wrong in your life

**ANT:** \_\_\_\_\_

**ANT Type:** \_\_\_\_\_

## 5 Questions

1. Is it true?
2. Is it absolutely true with 100% certainty?
3. How do I feel when I believe this thought?



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

5. Turn the thought around to its exact opposite, and then ask if the opposite of the thought is true or even truer than the original thought. Then use this turnaround as a meditation.

### Here's an example:

A man was going through a public scandal that caused him to lose his job and had put him in danger of losing his family. He thought, "I'll never be able to work again." Here's how he worked through that thought:

**ANT:** "I'll never be able to work again."

**ANT Type:** Fortune Telling

### 5 Questions

1. **Is it true?** No

2. **Is it absolutely true with 100% certainty?** No, I already have part time work lined up.

3. **How do I feel when I believe this thought?** Trapped, victimized, like I am in the stalks in Old New England and people are throwing things rotten produce at me.

4. **How would I feel if I couldn't have the thought?** Massively relieved, happy, joyful, free, like my usual self.

5. **Turn the thought around to its exact opposite:** I can get away from these people.

**Any evidence that that's true?** Yes, I am free of it whenever I am thinking of other things.

**The meditation thought** – I am free whenever I focus on other things.

