

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 worsen 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, more helpful one.

Day/Situation	Catch It! Identify ANT	Check It! Effect on your pain/mood	Challenge It! Positive/balanced coping statement
Tuesday/Cleaning garage and pain flares	This pain is killing me. I can't do anything anymore.	Helpful or Harmful	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.
		Helpful or Harmful	
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Adapted with permission from S. Palyo, Ph.D. & J. McQuaid, Ph.D.