

## Just the Facts Worksheet:

### Changing Automatic Negative Thoughts (ANTs)

1. What is the evidence?
  - Examine evidence related to ANTs
  - Gather evidence related to ANTs
  - Distancing from beliefs: "Beliefs are not facts"
  - Identify unrealistic expectations
  - Compare homework expectations with outcomes
  - De-catastrophize expectations
  - Examine attributional biases or errors
  - Reattribute causes using pie charts
  - Change dichotomous thinking into graduated thinking
  - Label cognitive distortions
  
2. Generate 'rational responses' to ANTs.
  - Change labeling of self or others
  - Examine reasonable alternatives to ANTs
  - Provide person with 'rational responses'
  - Use cue cards to help with memory
  - Use humour to suggest 'silliness' of negative ANTs
  - Label cognitive distortions
  - Use TIC-TOC (task interfering cognition - task orienting cognitions)
  - rational role plays

### Helpful Questions to ask:

1. What is the evidence?
2. Is there an alternative explanation?
3. What are the implications, if it is true. (So what?!)
4. Is it useful for me to think about this now?
5. What might I tell a close friend in my situation?
6. Will this matter in 5 years time?
7. If this is true, what is the worst thing that could happen? How could I handle it?
8. If this is not true, what is the best thing that could happen? What is most likely to happen?
9. What is upsetting about this, if it is true?