AUTOMATIC NEGATIVE THOUGHTS   (ANTS)

- Fortune Telling: Of all the possible outcomes, we assume that the most negative will happen. Expect the dreaded outcome. Assume you will be too anxious on your trip to enjoy it.
- Catastrophizing: Focusing on the worst possible outcome. You think it won't just be bad, it will be awful.
- Mind Reading: Assuming you are being negatively evaluated by others. You make assumptions about what someone else is thinking without checking it out.
- Tunnel Vision: Focusing only on the threat-relevant information while ignoring evidence of safety. In a group situation you notice and focus on someone looking bored or unhappy instead of also seeing all the other happy participants.
- Emotional Reasoning: Assuming that because you feel anxious, you must be in danger. You assume something bad is going to happen because you feel so anxious.
- All-or-nothing Thinking: Threat and safety are viewed in rigid, absolute terms. You believe you are a failure if you make a mistake.
- Overgeneralization: You think "Things always happen to me, I never get a break"
- Labeling: "I am a failure", "You're a jerk"
- Discounting the Positive: "Yes I made an A on the test but it was an easy test."

Three themes of ANTS

1. You overestimate the likelihood that the bad thing will happen.

2. If the bad thing happens, you over estimate the consequences.

3. If the bad thing happens, you underestimate your ability to cope.