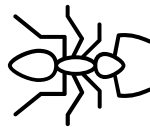




I would like to share a tool I came across this weekend, by Dr Daniel Amen. Only read this when you have the time to read and if you feel another tool would be useful.

He says that whenever we have a thought (negative or positive) our brain releases chemicals that make us feel bad or good.

So, he wondered about that and then one day came home to a kitchen infested with ants.



He then thought – *“That is like my brain. It is infested with negative thoughts!”* He then came up with this idea. ANT (Automatic Negative Thought)

He says there are 9 different kind of ANTs.

1. All or nothing thinking
2. Always thinking
3. Focus on the negative
4. Fortune telling
5. Mind reading
6. Thinking with your feelings. – He says that feelings are complex and sometimes they lie to you!!
7. Guilt beatings
8. Labelling
9. Blaming

Personally, I sometimes do 5 and 9!

So, then he came up with 4 questions to remove the ANTs from our brain.

1. Is it true? (the stressful or negative thought)
2. Can I absolutely know it is true?
3. How do I react when I believe that thought?
4. Who would I be without that thought? Of how would I feel if I didn't have that thought?

I have added a 5<sup>th</sup> question

5. Now what?