

Three-Column Thought Record (ANTs)

This simple 3-column exercise helps you step back from automatic negative thoughts (ANTs) and respond with more balanced, grounded thinking.

1. Automatic Thought What went through your mind?	2. Thinking Trap What pattern is this?	3. Balanced Response What is a more realistic thought?

Tip: With practice, you can begin to catch and shift these thoughts in real time.