

ANTs To PETs  
Thought/Feeling Record Worksheet

Understand Your ANTs (Automatic Negative Thoughts)

1. The situation. Briefly describe the situation that led to your unpleasant feelings.

Example: "I made a mistake at work."

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2. Initial thought. What thought first popped into your head? This was probably a subconscious or automatic thought that you have had before.

Example: "I feel like a failure. If people knew the real me, they wouldn't like me."

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3. Negative thinking and feelings. Identify the negative thinking and unpleasant feelings behind your initial thought. Choose one or more from the list of common types of negative thinking and list all your unpleasant feelings.

Example: This is self-labelling and disqualifying the positives. It produces unpleasant feelings: sadness, fear, rejection, anger, jealousy, anxiety, stress, frustration, etc.

Automatic Negative Thoughts: \_\_\_\_\_

Unpleasant Feelings: \_\_\_\_\_

4. Source of negative belief. Is there a deep belief or fear driving this thinking? Can you trace your thinking back to a situation or person? Search your heart.

Example: "I can hear the voice of my parent saying that I'm a failure and that I'll never amount to anything."

5. Challenge your thinking. Look for evidence (both for and against it) in respect to your automatic negative thought in question #2. Make sure you see the whole picture.

Evidence for: "I'm hard on myself. I don't always succeed. It's when I try to be perfect that I feel overwhelmed and disappointed in myself."

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Evidence against: "I do succeed sometimes. People have complimented me on my work. My friends see me as a good, honest and caring person."

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6. Consider the consequences. What are both the short-term and long-term consequences if you continue to think like this? Look at the physical, psychological, professional, emotional, and spiritual consequences.

Thought: "I'm damaging my self-esteem. If I continue to think like this, my negativity will affect my relationships and possibly my health. I'll become an exhausted, fearful, angry, sad, distrustful, insecure, doubtful, anxious, lonely, victimized and negative person."

#### 7. Develop PETs (Positive Energizing Thoughts)

Alternative thinking. Once you've considered the facts, write down a healthier way of thinking. The previous steps of the thought/feeling record helped you understand your thinking and feelings. Now that you have let down your defenses, you will be more open to alternative thinking and experience more pleasant feelings.

Example: "I don't have to succeed at everything. I might not succeed at this, but that doesn't mean I fail at everything. I want to get rid of this negative thinking. I'm not gaining anything by being hard on myself."

**Positive belief and affirmation:** Write a statement that reflects your healthier beliefs and list all your pleasant feelings that associate with your statement. Find something that you can repeat to yourself.

Example: "I am successful in many ways." Possible feelings: secure, dynamic, confident, brave, thankful, satisfied, optimistic, etc.

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8. Follow your improvement. Do you feel slightly better or more optimistic? This step reinforces the idea that if you change your thinking, you will change your mood. Gradually over time, your thinking, feelings and life will begin to change.

Example: "This is self-labelling and qualifying the positives." Your positive thinking continues to produce pleasant feelings: happy, playful, relaxed, loving, confident, secure, optimistic, etc.

9. List pleasant feelings you will experience over time: \_\_\_\_\_

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10. Put PETs (positive energizing thoughts) in your emotional bank account.  
The more you invest – the richer you become.

[http://www.coachme.ca/Thought\\_Feeling\\_Record\\_Worksheet.html](http://www.coachme.ca/Thought_Feeling_Record_Worksheet.html)

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