

## ANT Tracker

Use this chart to keep track of your Automatic Negative Thoughts (ANTs) and to help you change those thoughts to more positive ones. Use the key at the bottom of the page to identify the ANTs.

Incident	Automatic Thought	ANT Type	Alternative Thought

1=Mind Reading 2=Fortune Telling 3=Mental Filter 4=Maximizing/Minimizing 5=Black and White Thinking