

**The Advanced Ant-Eater Questionnaire:
Conquer Your Automatic Negative Thoughts (A.N.T.'s)**

ANT: _____.

1. *Is that true?*

If it is true, go to Question 2. If it is not true, skip question 2 and go to Question 3.

2. *Can I be 100% certain this is absolutely true?*

2a. If you still answer that it is TRUE, then ask yourself the following question:

“If that ANT were true, what would that say about me as a person?”

Write in core negative self-belief:

I am _____.

Is that true?

→If it is not true, go to Question 3.

→If it is true, ask yourself: *Can I be 100% certain this is absolutely true?*

→If it is not true, go to Question 3.

→If it is true (You are standing on an ANT HILL!), go back to Question 2a. Continue digging deeper into your core negative beliefs until you successfully complete the cycle with a “No, that is not true”. Keep track of each core ANT, and start a separate page for each one.

3. *How does that ANT make you feel?*

4. **Imagine your life without that ANT.** *How would you feel differently about yourself or your life without this ANT?*

OPTIONAL: List some things that you would do differently, or list some things that you would start to do (in small activities) *as though that ANT didn't exist*. Break these activities or goals into *very small actions* and add them to your calendar. Schedule some small changes to DO over the day or over the course of the week.

5. *Now turn the original ANT around. Make that statement.*

6) *Is that true?*

➔ *If “NO” you still need to work on that ANT! GO through the protocol, again.
Keep at it.*

7) *How does that statement make you feel?*

Congratulations! You have successfully challenged an Automatic Negative Thought.

ANT's are “Old Brain” beliefs. Your (old) primitive - emotional brain doesn't know what year it is, and it doesn't know anything but your cumulative experience and whole-life ‘conclusions’. It doesn't know the difference between people in your past from people in your present life. Challenging your ANT's with your rational (new) brain over and over will EVENTUALLY update your outdated (old) primitive brain.

Don't give up! It can take 50 – 100 rational brain challenges before those old stubborn ANT's will give it up! Make challenging your ANTS, a “brain-healthy” habit.

Don't let your ANT's ruin your day, your relationships, or your life!