



## **ANTS:**

- **Stop Automatic Negative Thoughts**

## **CBT (Cognitive Behavioral Therapy)**

- **Teach-Trial-Discuss**
- **Teach:**
  - **Offer several things they can try to help with negative thinking, anxiety.**
  - **Have them pick a couple they are willing to do, there must be buy in or they will not do them at all.**
- **Trial:**
  - **Have them practice using them for a while.**
- **Discuss:**
  - **How did they work**
  - **If they worked great!**
  - **If not, start process over again.**