

Lesson 1



Stomping ANTs

Below are 10 “species” of ANTs that creep into our thoughts and ruin our day. Here is a list of 10 “species” of ANTs to practice stomping. In your family meeting, read the “Species Name” and the example, then the TRUTH you can use to squash that ANT.

“SPECIES”	A.N.T. EXAMPLE	SQUASH ANTs WITH TRUTH
1. All or Nothing Thinking	<i>“There’s nothing to do.”</i>	<i>“There are probably lots of things to do if I think about it.”</i>
2. “Always” Thinking	<i>“No one ever plays with me.”</i>	<i>“That’s silly. I have played with lots of kids.”</i>
3. Mind Reading	<i>“The teacher doesn’t like me.”</i>	<i>“I don’t know that. Maybe she is just having a hard day.”</i>
4. Fortune Telling	<i>“The whole class will laugh at me.”</i>	<i>“I don’t know that. Maybe they will like my speech.”</i>
5. Labeling	<i>“I am stupid.”</i>	<i>“Sometimes I make mistakes but I am not stupid.”</i>
6. Focusing on the Negative	<i>“My whole party was ruined by him.”</i>	<i>“My party was fun except for the few minutes he was teasing.”</i>
7. Thinking with Your Feelings	<i>“I’m a loser. How can anyone like me?”</i>	<i>“I may need to change a few things but I’m a good person.”</i>
8. Magnifying and Minimizing	<i>“I got a terrible report card.”</i>	<i>“I may have gotten one ‘C’ but my other grades were good.”</i>
9. Blame	<i>“It’s the teacher’s fault.”</i>	<i>“I need to look at my part of the problem.”</i>
10. Guilt Beatings	<i>“It is all my fault - I’m a horrible person.”</i>	<i>“It was just an accident and I can do things to make it better.”</i>

Now call on a family member to come up with their OWN example of that species and their OWN way to squash it! Then stomp them by writing a more hopeful, accurate, and positive way of viewing each situation.

“SPECIES”	YOUR A.N.T.	TRUTH TO SQUASH YOUR A.N.T.
1. All or Nothing Thinking		
2. “Always” Thinking		
3. Mind Reading		
4. Fortune Telling		
5. Labeling		
6. Focusing on the Negative		
7. Thinking with Your Feelings		
8. Magnifying and Minimizing		
9. Blame		
10. Guilt Beatings		