

# Flipping Self-Doubt into Self-Trust

*How Healthy is your Self-Talk?* Get to know your ANTS and PETS

Automatic Negative Thoughts (ANTS)	Positive Emotional Thoughts (PETS)
<p><b>Can you recognise any of these negative thoughts?</b></p>	<p><b>Can you recognise any of these positive thoughts?</b></p>
<p>I feel like it is me against the world            I am an idiot            My life's not going the way I want it to            I am so weak            Why can't I ever succeed?            No one understands me            I am worthless            I have let people down            I cannot get started            I do not think I can go on            What is wrong with me?            I wish I were a better person            I cannot get it together.            I am so disappointed in myself            I will never be good enough            I am always unlucky</p>	<p>I can focus on peace instead of this.            I accept myself            I am good enough            I will learn from this            I will keep trying and learning            I am proud of myself.            I accept and learn from the way I am            I can tolerate discomfort            Try my best even under stress            This does not feel good, yet!            I am in the right place to learn            I can start with one step            I am learning to grow and be stronger            I am not alone            I am vulnerable and human            I am learning</p>
<p><b>Do you have an ANT problem?</b></p>	<p><b>Are you nurturing your PETS?</b></p>
<p>One way to squash your ANTs is to take them out of your head and understand what beliefs they stem from            Write them in the space below.            Read the words. Notice there is usually a big gap between your ANTS voice and reality.            What limiting beliefs are your ANTS stemming from?</p>	<p>Now consider the type of PETS that you can say to quieten your ANTs. And grow your positive inner voice.            Write some ideas in the space below.            Getting acquainted with your PETS can be very helpful to disarm the ANTS of their power and reframe your limiting beliefs into supportive beliefs.</p>
	