

## Identifying and Dealing with Negative Automatic Thoughts

| <b>Thought</b> | <b>Automatic Negative Thought</b> | <b>Do I have evidence for it?</b> | <b>If it is true, what would the outcome be?</b> | <b>If it were true, how might I deal with it?</b> | <b>What is the adaptive/ positive counterpart of this ANT?</b> |
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