



**Automatic
Negative
Thoughts**

Mental Health Week

A. N. T. S. - From Doctor Amen

Take one ANT and go through the exercise

- 1. Write out the negative thought?**
- 2. Is it true?**
- 3 How do you feel about the thought?**
- 4. How would you feel if you did not have the thought?**
- 5. What is the opposite of that thought?**



Elsa's website: wholebynutrition.com

Roxanne's website: larkspur.online

Pastor John's website: <http://brookstrinity.ca/covid-19-information>

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