

A.N.T. Worksheet (Automatic Negative Thoughts)

Automatic negative thoughts are those lies or worries that pop into our minds and make us feel anxious, fearful, or discouraged. These thoughts often come from the enemy or from our own doubts, and they can pull us away from God's peace. The best way to overcome them is to bring them before the Lord, challenge them with Scripture, and replace them with His truth and promises.

***22** You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23** to be made new in the attitude of your minds; **24** and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24*

Trigger	Automatic Negative Thought	New Biblical Thought
<i>Went to a friends house in a nice neighborhood</i>	<i>Her house is bigger than mine. I wish I had a kitchen like this. I am so bad at decorating, I want that couch</i>	<i>God has provided a nice home for me. Comparison is the thief of joy Lord help me to be content with what you have given me and rejoice with what you have given my friend</i>

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