



Overcoming the ANTS – Automatic Negative Thoughts

Copyright SWIHA

ANT:

I HAVE A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)

ANT:

NOW THAT'S A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)

ANT:

I HAVE A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)

ANT:

NOW THAT'S A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)

ANT:

I HAVE A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)