What is ANTs into PETs

ANTs are Automatic Negative Thoughts. PETs are Positive Enhancing Thinking. If you turn your ANTs into PETs you should be turning your negative thoughts into positive thoughts.

Comparing ANTs to PETs

Negative thoughts stop you from doing things that you want to do so if you turn your negative thoughts into positive thoughts “what if” thoughts won’t stop you. If you think negative you won’t be able to get on with your day. When you think positive you will find that you won’t be afraid to take risks and you will find that it is fun or better than not doing it at all.

How to be positive

To be positive you will often need to “Bounce back”. To bounce back you need to turn your negative thoughts into positive thinking this is called resilience. Resilience is when you don’t let something bad ruin your day. There is always a positive side to everything but you just need to find it. For example if you lost something that really liked instead of crying or thinking negative you could think positive and think “I never used to have it and it didn’t bother me or I would of got bored of it anyway”.