

# MINDFULNESS CHALLENGE, Wipe Out the *Ants*

ANT(S)	NEGATIVE THOUGHT	POSITIVE THOUGHT
<p><b>Black or White Thinking.</b> Your thoughts contain words like always or never. "I'm never going to be good enough, or I'm always going to be unhappy."</p>		
<p><b>Label Thinking.</b> Attaching Labels to other people or yourself. Like selfish, vain, conceited, ugly, fat, etc. What label in others exists in ourselves.</p>		
<p><b>Mind-Reading Thinking.</b> You always think someone is mad at you or hates you. If someone is off that day, you immediately assume it's because of you.</p>		
<p><b>Fortune-Telling Thinking.</b> No matter what, you know what's going to happen, and it's going to be bad. You look for bad things to happen.</p>		
<p><b>Magnified Thinking.</b> You exaggerate your minor problems into major events.</p>		
<p><b>Guilt Beating Thinking.</b> Everything in your life "should" be this way. You become resentful of others because they don't act the way you think they "should."</p>		
<p><b>Personalized Thinking.</b> You take everything anyone does personally. If someone is having a bad day, you think it's about you, etc.</p>		
<p><b>Blame Thinking.</b> You convince yourself that all your problems happen because of others.</p>		
<p><b>Comparative Thinking.</b> Measuring yourself against others to make yourself feel less worthy.</p>		