

ANTS AUTOMATIC NEGATIVE THOUGHTS

DISCUSSION QUESTIONS:

1. WHY DO OUR BRAINS OFTEN IMAGINE THE "WOLF STORY" (WORST-CASE SCENARIO) FIRST INSTEAD OF THE "CARROT STORY" (BEST-CASE SCENARIO)?
2. WHAT DOES IT MEAN WHEN THE VIDEO SAYS, "THERE ARE TOO MANY DOTS WITHOUT NUMBERS"? HOW CAN WE GET MORE INFORMATION BEFORE MAKING A JUDGMENT?
3. CAN YOU THINK OF A TIME WHEN YOU ASSUMED THE WORST ABOUT A SITUATION BUT LATER FOUND OUT YOU WERE MISSING IMPORTANT INFORMATION? HOW DID IT CHANGE THE WAY YOU FELT?
4. WHAT ARE SOME STRATEGIES WE CAN USE TO PAUSE AND GET MORE PERSPECTIVE BEFORE JUMPING TO CONCLUSIONS?

