

UNINSTALLING UNHEALTHY IMPLICIT MEMORY

1. *Automatic Negative Thoughts* arise in the mind, are quick and are words or pictures in the mind. They are associated with distress. These thoughts originate with self-defeating, negative processing, that become established Core Beliefs.

2. *Negative Core Beliefs* deal with helplessness, un-lovability and/or a negative image of our body; and can be painful. These Negative Core Beliefs are rigid, over-generalized and are believed to be true. They have developed by repeated messages we tell ourselves.
 - A. Helpless core beliefs: I am inadequate, I am a failure, I am powerless, I am vulnerable, I feel out of control, I am incapable, I am dumb
 - B. Unlovable core beliefs: I am unlikable, I am unwanted, I am bad, I am defective, I am only acceptable when I do something correct, I am unattractive
 - C. Negative body image: I am ugly, I am disgusting, No one would ever want me. I'm gross, I'm broken

3. *Results*: Does my behavior in any way challenge, make less true or help me overcome the **ANT**?

EXERCISES

Date:	Date:	Date:
My Problem Is?	My Problem Is?	My Problem Is?
My Automatic Negative Thought (ANT) in My Mind Was?	My Automatic Negative Thought (ANT) in My Mind Was?	My Automatic Negative Thought (ANT) in My Mind Was?
What Did My Automatic Thought Mean to Me? Core Belief Option – 1. Helpless 2. Unlovable 3. Negative Body Image	What Did My Automatic Thought Mean to Me? Core Belief Option – 1. Helpless 2. Unlovable 3. Negative Body Image	What Did My Automatic Thought Mean to Me? Core Belief Option – 1. Helpless 2. Unlovable 3. Negative Body Image

My Emotional Reaction to the Thought	My Emotional Reaction to the Thought	My Emotional Reaction to the Thought
My <u>B</u> ehavioral <u>R</u> esponse <hr/> Planned <u>B</u> ehavioral <u>R</u> esponse	My <u>B</u> ehavioral <u>R</u> esponse <hr/> Planned <u>B</u> ehavioral <u>R</u> esponse	My <u>B</u> ehavioral <u>R</u> esponse <hr/> Planned <u>B</u> ehavioral <u>R</u> esponse
Results of My Behavior Yes: Helped Solve My ANT BR <input type="checkbox"/> PBR <input type="checkbox"/> Between <input type="checkbox"/> No: Reinforced My Negative ANT BR <input type="checkbox"/> PBR <input type="checkbox"/>	Results of My Behavior Yes: Helped Solve My ANT BR <input type="checkbox"/> PBR <input type="checkbox"/> Between <input type="checkbox"/> No: Reinforced My Negative ANT BR <input type="checkbox"/> PBR <input type="checkbox"/>	Results of My Behavior Yes: Helped Solve My ANT BR <input type="checkbox"/> PBR <input type="checkbox"/> Between <input type="checkbox"/> No: Reinforced My Negative ANT BR <input type="checkbox"/> PBR <input type="checkbox"/>

NOTE: The Automatic Negative Thought (ANT) is what I am saying to myself about myself that is negative. You can find many examples of these in the big box on the front page.