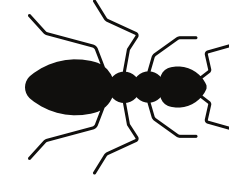
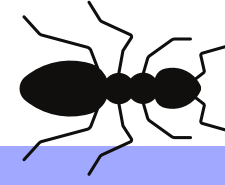
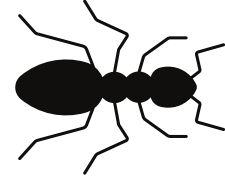


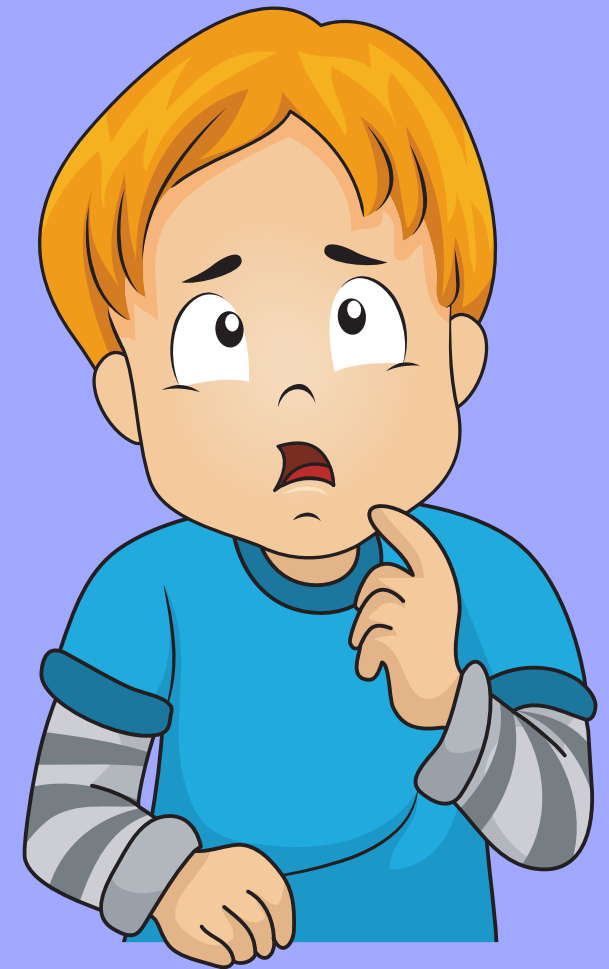
Squashing A.N.T.'S

How to replace automatic nevasive thoughts with positive alternatives!



Identify the Thought

- 1 Help your child identify the specific thoughts connected with anger, sadness, or fear.



Brainstorm Alternatives

Find alternatives by asking:

- 2
 - How could I see this differently?
 - What's Good about this?

Choose a New Thought

- 3 Squash the A.N.T. with a new, realistic, and positive way of thinking!

