

Part Two



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Field guide
to ANT'S
it's not what you think



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Wave your wand - it's time to turn ANT's into KAT's

Hopefully you've read Part One and are able to recognize your ANTs. This guide will not explain the ANTs; it is a supplementary wand waving book of ANT spells to help you start transfiguring ANTs, into NATs, BATs, and KATs

Automatic Negative Thought (ANT)

"I look horrible"

Neutral Acceptable Thought (NAT)

"I don't like the way I look today"

Balanced Alternative Thought (BAT)

"Body image is a tricky business; I'm working on it"

Krazy Amazeballs Thought (KAT)

"I am fierce AF and it shows!"

A note about NATs: Try to maintain a compassionate (or at least neutral) tone of voice and IF possible, you can tag on, "and that's ok"



All or Nothing Thinking

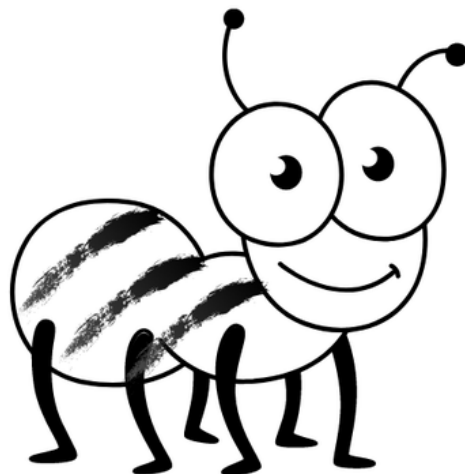
the Zebra ANT (black & white)

ANT: *"Just polished off a bag of potato chips. Might as well not bother with trying to be healthy today."*

NAT: *"I ate a bag of potato chips."*

BAT: *"I'm not happy about that food choice; I'm going to consider if something else would have felt different"*

KAT: *"Those chips tasted great!"*



Overgeneralizing

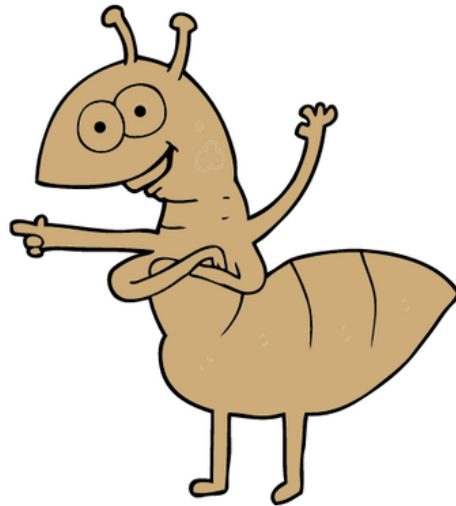
know it all ANT

ANT: *"I skipped a workout this week. I have **zero** willpower at all."*

NAT: "I didn't do my workout"

BAT: "I'm feeling so drained lately, the couch calling was stronger than the gym"

KAT: "I chose not to force a workout I wasn't into but I'm looking forward to tomorrow"



□ Magnification and Minimization

Telescope ANT

Minimizing:

ANT: *"It's one workout... it won't change anything"*

NAT: *"I did a workout"*

BAT: *"I'm sure I'll need to do quite a few workouts before I start to notice changes, but this is a start"*

KAT: *"One workout - Nice FUKing job rockstar!"*

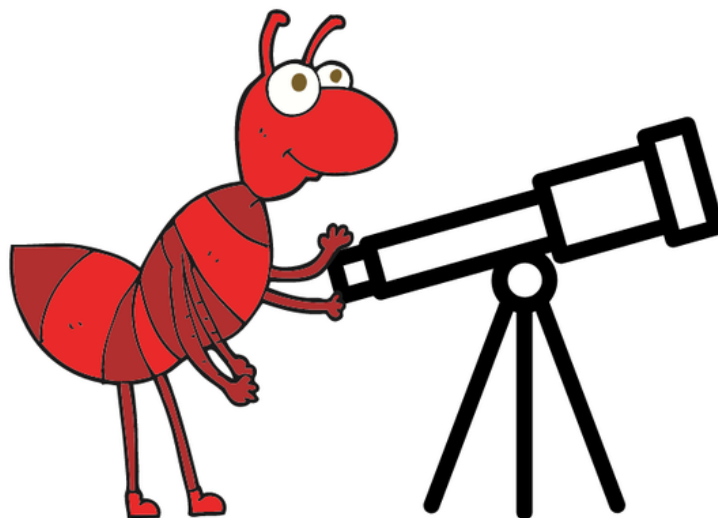
Catastrophizing ANT is a common sub-species: Sees only the worst possible outcomes of a situation.

ANT: *"I don't know what I'm doing and I'll probably just get injured if I try to weight lift"*

NAT: *"I'm new to weight lifting and have lots to learn"*

BAT: *"New things can be intimidating; I might need to some guidance"*

KAT: *"I am on a weight lifting journey and that is freaking exciting!"*



□ Jumping to Conclusions

the leaping ANT

the Mind Reader:

ANT: *"They were looking at me funny; they probably think I'm doing this exercise wrong"*

NAT: *"People can see me in the gym"*

BAT: *"I'm not feeling confident about this exercise and I'm concerned what others will think of me"*

KAT: *"New world, new friends. Time to find a friendly face to help me figure out if I'm doing this right."*

the Fortune Teller:

ANT: *"I don't feel confident and everyone will know it. This is going to be so embarrassing"*

NAT: *"New things take time to learn"*

BAT: *"New things take time to learn; I might feel uncomfortable but if things don't go well, I can look into hiring a trainer"*

KAT: *"Every time I practice I will learn something and get a more confident! Confidence train has arrived and I am getting on board!"*



Emotional Reasoning

drama queen EMO ANT

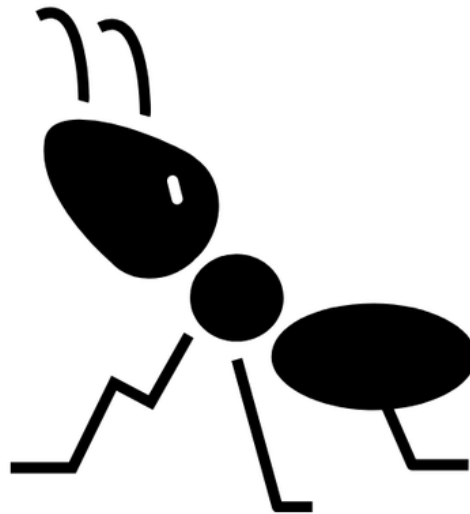
ANT: *"I felt like such a loser in there. That was a terrible workout"*

NAT: *"I did a workout today" (note: doesn't always have to be an original neutral thought)*

NAT or BAT: *"Some workouts feel better than others. I've had better ones than I did today"*

BAT: *"That could have gone better! Try again tomorrow"*

BAT or KAT: *"OK - well, lots to learn from that workout lol! I've got me some self-care coming"*



□ Disqualifying the Positive

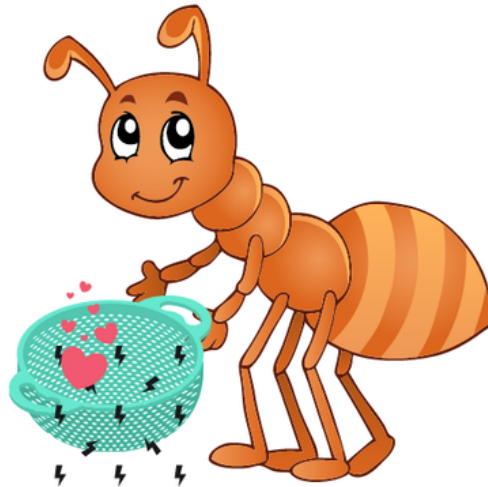
the filtering ANT

ANT: *"I can do 10 push ups ...**but** only from my knees so that doesn't really count."*

NAT: *"I can do 10 push ups from my knees"*

BAT: *"Push ups from my knees are building strength so I can progress safely; the challenge is half the fun"*

KAT: *"I can do 10 push ups! How FUKing badass am I?!"*





Personalization

the magical thinking ANT

ANT: *"I've been working out consistently; I deserve to see more results by now"*

NAT: *"I'm building a new habit of working out consistently"*

BAT: *"I'm working out consistently and that is progress in itself; I bet I can find some other things that are progressing as well"*

KAT: *"I've been working out consistently. I am so FUKing proud of my efforts and I'm feeling energetic enough to restart that body confidence course I signed up for."*

the personalization ANT is a sub-species:

ANT: *"My partner isn't affectionate; if I was in better shape, they'd pay more attention to me"*

NAT: *"My relationship isn't satisfying at the moment."*

BAT: *"Relationships take work and mine needs some attention right now"*

KAT: *"I am a catch and I love my partner. How can we bring some magic back to our relationship?" (use curiosity!)*



□ Labelling and Shoulds

the blame and shame ANT twins

The 'should'ing twin that shits out shame:

ANT: *"I should be fitter."*

NAT: *"I want to feel differently than I do"*

BAT: *"The emotions on this fitness journey feel like a roller coaster sometimes, but I am learning things about myself"*

KAT: *"I decide what my body should or shouldn't be. I'm gonna redefine fit so it fits my goals and my life"*

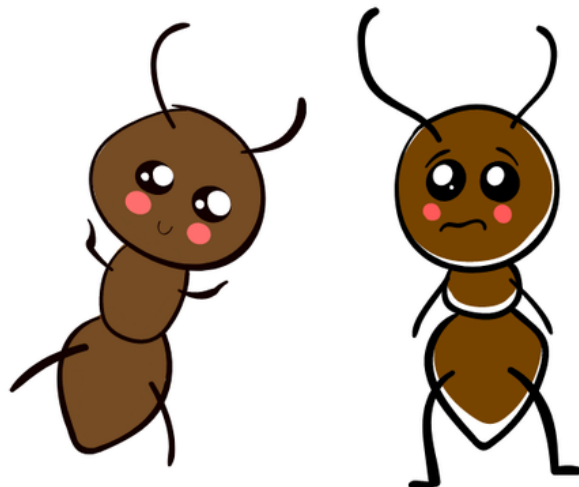
The labelling twin that shits out blame:

ANT: *"It is your fault I'm out of shape because you will not go with me to exercise."*

NAT: *"I have not exercised as much as I intended"*

BAT: *"I'd feel more motivated if I had company to go to the gym, but I know that isn't always going to be possible. It might be a good idea to come up with other motivating ideas and to check my expectations are realistic"*

KAT: *"I am off to rock my workout. Wanna come with me sometime? Working out with you would add a new level of motivation :)"*





Hope you enjoyed! Kate <3

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Congrats on turning ANTs into KATs!

What do you think of all these?

Did you recognize yourself in some of these examples?

Do you have your own ANTs that you can name, tame and neutralize?

This is meant as a supplement to the Field Guide to Identifying ANTs and is mentioned in my podcast episode about ANTs.

Listen here and follow to the podcast for more fitness and mental health collisions of inspiration :)

ANTS PODCAST EPISODE

Attract^o

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