

Prompts for Turning ANNTs into PETs!



Decision point & decision being made	Automatic neutral or negative thoughts (ANNTs)	Negative consequences of ANNTs & not taking intended actions	Positive of enabling thoughts (PETs)
<p><u>Situation:</u> When will you be at risk of talking yourself <i>out</i> of your intended actions?</p> <p><u>Decision:</u> What is the decision? 'Will I or won't I do...today?'</p> <p><u>Tip:</u></p> <ul style="list-style-type: none"> • Applies mainly to repetitive situations, not one-off decisions. 	<p>Justifications & excuses you use BEFORE you decided not to do the healthy behavior.</p> <p><u>Prompts:</u></p> <ul style="list-style-type: none"> • What things do you say to yourself to talk yourself out of doing what you planned? • What else do you say to yourself? • What else? • What else? 	<p>You don't do what you had planned to do.</p> <p><u>Prompts:</u></p> <ul style="list-style-type: none"> • Consequences for yourself? • For other people? • Self-punishing statements? • How do these things affect how you feel about yourself? 	<p>What do you need to say to talk yourself <i>into</i> taking action?</p> <p><u>Prompts:</u></p> <ul style="list-style-type: none"> • I accept that I have this condition... • This time is different because... • This is important to me because... • I choose... (vs I should) <p><u>Sample summary statements:</u></p> <ul style="list-style-type: none"> • I can do this! • This is for me! • Just do it! <p><u>Tip:</u></p> <ul style="list-style-type: none"> • PETs must be authentic for you
	<p>Confidence in achieving your goal, given these ANNTs</p> <p style="text-align: right;">/10</p>		<p>Confidence level, given these PETs</p> <p style="text-align: right;">/10</p>