

Being an ANT Detective

ANTs can be very convincing, so we have to outsmart the thoughts by being a good detective. Good detectives ask tough questions to try to get to the truth.



Detective questions we can ask:

What are the facts? What is the evidence that supports this thought? What is the evidence against this thought?

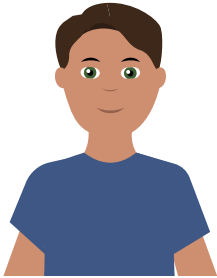
What would I tell my friend in this situation?

What help do I need to cope with this situation?

What is another explanation?

Detective Practice

Detectives ask good questions. Let's practice asking questions together. What questions can we ask to help us get to the truth?



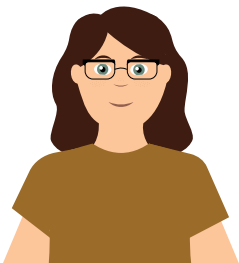
Armando

Scenario: Armando wants to be in a talent show.

ANT: I can't try out. I will be awful and everyone will laugh at me.

What question can we ask?

Possible coping thought:



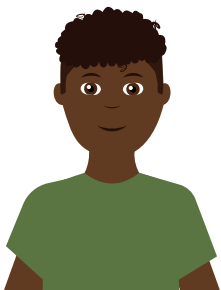
Celina

Scenario: Celina gets her test back and she didn't get a very good grade.

ANT: I'm so stupid, I'll never do as well as everyone else.

What question can we ask?

Possible coping thought:



Rae

Scenario: Rae discovers that they weren't invited to a classmate's birthday party.

ANT: No one will ever want to be my friend.

What question can we ask?

Possible coping thought:
