

# FREE 5-DAY HEAL YOUR GUT C H A L L E N G E

## DAY 3: DEFEAT YOUR ANTS (Automatic Negative Thoughts)

Knowledge alone will never be enough to heal your gut. People who successfully heal and transform their health and their bodies don't just "KNOW" what to do - they actually DO it! And they do it consistently.

However, for that kind of persistence and determination, you've got to be ready to defeat the sneakiest villain you'll face on your healing journey, and that is YOU!

Self sabotage is inevitable, and it's the biggest roadblock standing between you and the results you want. Self sabotage is due to ANTs (automatic negative thoughts). These are thoughts that are so automatic that you're not even aware you have them unless you become "self aware".

In Session 3, you're going to get to the bottom of this enemy and not only prepare, but equip yourself with the proper tools to nip your ANTs in the bud.

**Day 3 Assignment:** Complete the statements on the following pages. What thoughts come to mind when you read these statements? Write them down and don't hold back!

### 9 Most Common ANTs, according to Dr. Amen

Circle the number(s) of the ANTs you struggle with.

1. Using the words "always, never, no one, everyone, every time, everything."
2. Focusing on the negative in every situation - glass half empty vs half full.
3. Fortune telling by predicting the worst possible outcome.
4. Mind reading. You assume you know what the other person is thinking without evidence.
5. Letting your feelings dictate your thoughts. This is when you believe negative thoughts without questioning them.
6. Being guilt ridden. You become plagued by the words "should, must, ought, or have to."
7. Labeling or judging. You judge or label yourself or others.
8. Ego focus. You take things personally.
9. Blame - when you blame someone or something else for your problems. This is the worst and most harmful ANT and there's no upside to it.

# FREE 5-DAY HEAL YOUR GUT C H A L L E N G E

- *Following the meal plan this week is hard because.....*

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- *When I think about healing my gut issues.....*

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# FREE 5-DAY HEAL YOUR GUT C H A L L E N G E

- *I think I have symptoms/I think I am sick because.....*

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- *I am stressed because.....*

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## FREE 5-DAY HEAL YOUR GUT C H A L L E N G E

- *In order to heal I need to.....*

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*Now go to the DAY 3 ACCOUNTABILITY POST in our Heal Your Gut Facebook group, and share which ANTs you struggle with most.*