**Automatic Negative Thoughts (ANTS)**

* Negative thoughts not only lead us to feel anxious, angry, or depressed, they also lead to a change in the level of stress arousal, or anxiety, in our bodies.
* Physical changes from anxiety are an integral part of the emotional experience. When we are in an anxious/aroused mood, we also have changes in our bodies, such as increases in heart rate, muscle tension (including a feeling of tension and sometimes pain in the head, neck, and shoulders), breathing rate, and digestion rate (ANS). In the upper gut, things actually slow down, and we feel butterflies or nausea, as well as an increase in frequency and urgency to use the toilet (ANS).
* Many tinnitus patients complain of such symptoms, particularly headache or pains around the ear and a general feeling of being tense. There are many other physical changes that can take place, such as sleeping difficulties.

**Examples of Fixing ANTS:**

Negative AT Corrective AT

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| Oh my God! Here it goes again. | It happened before and I survived |
| I always lose control of my emotions | But I have not lost control yet |
| Here it goes again, it will ruin my whole day | Last time it was also so loud, but I managed to go through the day |
| I hear it again, It will be for the rest of my life | How do I know, last time I thought my headache would never end - it stopped the next day |