

SQUASHING ANTS

 

with

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Master NeuroCoach™

Everything Starts With a Thought

Your body reacts to every thought you have.

Every cell in your body reacts to **every thought you have**.

Every time you have a thought, your brain releases chemicals. For example, when you celebrate, your brain releases dopamine, oxytocin, serotonin, and endorphins.

These chemicals send **messages** throughout your body, having a direct impact on how you **feel** and how you **behave**.

When you have a **negative thought**, or a bad thought, an angry thought, or a sad thought, you activate your limbic system and make your mind and body **feel bad**.

When you have a **good thought**, a happy thought, a kind thought, your brain releases chemicals that make your body **feel good**.

This reaction happens almost immediately, and happens regardless of if you are lying or telling the truth. Your brain does not know the difference between what is real, and what it is vividly shown in your imagination - through your thoughts.

As humans, **most of our thoughts are negative**, and they come to us **automatically**. They are Automatic Negative Thoughts, or ANTs

Psssst: Your Automatic Negative Thoughts don't always tell you the truth... In fact, they **rarely tell you the truth**.

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Automatic Negative Thoughts

The term **ANTs** was first coined by Dr. Daniel Amen - world's leading expert in the brain - in the 1990s

Dr. Amen actually differentiates **9 types of ANTs**:

1. **All or Nothing Thinking**: Something is either all good, or all bad. There is no in between. It's black & white.
2. **"Always" Thinking**: when you think something that happened to you will "always" repeat itself.
3. ***Focusing on the Negative**: When your thoughts only see the bad in a situation and ignore the good.
4. ***Fortune-Telling**: You predict the worst possible outcome. The first negative thing that happens sends you into a depression spiral.
5. ***Mind-Reading**: When you believe you know what another person is thinking - something negative, of course.
6. **Thinking With Your Feelings**: When you believe your negative feelings without ever questioning them.
7. **Guilt Beatings**: Whenever you think things like should, must, ought, have to, that's a hint that we're giving ourselves a guild beating
8. **Labeling**: Negative labels are very harmful. Whenever you label someone else, or yourself, they get lumped in with all the others you've ever known, and you become unable to deal with them in a reasonable way.
9. ***Blaming (most poisonous)**: You blame others for the problems in your life

*Red ANT

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Catching ANTs

As you continue to catch your ANTs, record them here. **Notice which type of ANT shows up for you most often.**

ANT	Type

Squashing ANTs

So, what can you do about these ANTs?

How do you squash them?

This is where having a **coach is so valuable!** Having someone with experience walk you through this step-by-step process, who knows what questions to ask, who will take you deeper than your brain will take you on your own, to help you poke holes in those stories, get to the root of them, and expose them as the lies they are, and who can help you **rewire the neural networks in your brain**, so that you have new beliefs that you've consciously chosen running automatically, instead of these lies that are holding you back, because **the process is simple, but the work is not always easy.**

Squashing ANTs:

- **Notice it** - what is your brain saying to you?
- **Talk back** to it - What evidence do you have that this ANT might not be true?
- **Tap** on it - Say all the things that are coming to your mind around these thoughts & feelings. Don't hold back!
- **Get curious** about where it comes from. Ask your brain some questions. Resist the urge to judge yourself.
- **Decide** what the truth is - What do you want to believe instead?
- **Prime** those new thoughts into your brain as automations through repetition and feeling into the new beliefs.

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About Sarah

Hi, I'm Sarah!

Il help people **stop living life at the end of their rope**, and **start living the life of their dreams!**

I've been there! Not that long ago, "pulling a Nykoruk" was a term my colleagues coined, which referred to coming into work way too early in the morning, and then staying way too late afterward.



I felt **tired, stressed, overwhelmed, overworked, underappreciated, and unfulfilled**. But, I had no idea how else to do it!

And then, I learned the **simple, science-backed method** to **break free for good!**

I felt like I had been given the key to the Universe!

Once I started applying it myself, and experiencing the real shifts in my life – not just feeling better for the moment, but actually getting source-based, permanent transformation – I just kept thinking of all the people this could help: **exhausted educators**, who just like me are feeling **overworked, overwhelmed and undervalued**; **students who are struggling emotionally and academically**, **worried parents** who just **want to feel competent, and connected as a family** again. And so, that's what I started doing, and **I love it!** I'm making an impact, and **living in freedom!**



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♡ Sarah