

# Hello! From Your School Counsellor



I want to share with you the two sides of our thoughts. They are Automatic Positive Thoughts

(**APTs**) and Automatic Negative Thoughts (**ANTs**). They influence our thinking outcome when we are in distress. **APTs** seek out opportunities for solutions in challenging circumstances, while **ANTs** anticipate problems to avoid physical and psychological injuries to ourselves. In short, **ANTs** see challenges as problems. **APTs** seek out solutions and opportunities for growth.

We tend to attend to our **ANTs** 80% of the time than to **APTs**. It is not uncommon that in your strive for excellence, **ANTs** would creep into your thoughts to influence you into believing that you are not ready enough, not good enough, there is no use trying and so on. Overly indulging in **ANTs** will harm your self-worth and values. However, with a right balance of **APTs**, you will enhance your sturdiness to face up to challenges squarely and with confidence; freeing yourself of any self-limiting fetters.



So, Gession, you have the choice to focus on the rainbow instead of the dark cloud! You have the resourcefulness to bring out that tenacity in you to deal with every challenge! **Onward!**

