

5th Jun 2020



Hello! From Your School Counsellor



Hi Gessians, traditionally, when one says he/she has a "dog" in his life, it generally means he/she is in some form of depressive mood; and the dog is used to symbolize his/her depressive symptom.

Here, I would use the gray puppy to represent our negative feelings, such as sadness, low mood, anxiety, angry, fear, jealous and so on.

When things do not seem to go well, it may make you feel cynical about things around you. Sometimes, the negativity of feelings may affect the friends around you, making them keep their distance. That causes you to feel lonelier, misunderstood and neglected. The sentiment is real. It generates self-doubt and negative self-criticism; making you feeling unsupported and unhappy. It is like the gray puppy has taken control over you and is making you feel terrible.



Every one of us has our little gray puppy, and its name is "Negafee" - negative feelings. Each puppy is different with its unique characteristics and sizes. Some are docile, while others can halt your progress to a drag.

Hence, to enable us to be empowered and move forward, use the 10-Step approach to tame our little gray puppy.

10-Step Approach for Taming the Grey Puppy

1. Accept that everyone has a "Grey puppy" and you have one too!
2. Practice self-compassion.
3. Stay calm, be aware of your negative self-talk or Automatic Negative Thoughts (ANTs)
4. Feel the arising of negative feeling, ask what make me feel this way?
5. Activate the Amber light of your inner "Traffic Lights".
6. Focus on what comes to mind. It is OK to be feeling not OK, hence be kind to yourself.
7. Count to 10 to slow down any racing thoughts.
8. Feel the restlessness of the "Gray puppy", do deep breathing to calm down it down.
9. Keep the "Gray puppy" in check.
10. Continue the deep breathing slowly until feeling better.