

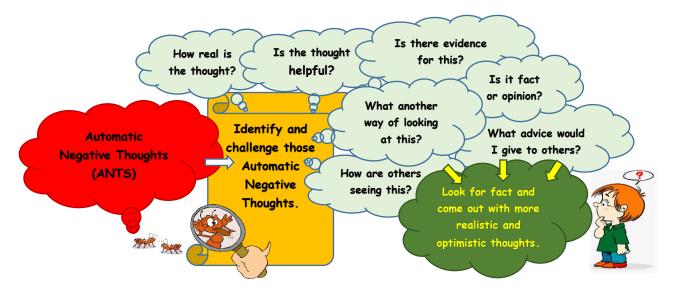
(APTs) and Automatic Negative Thoughts (ANTs). They influent our thinking outcome when we are in distress. APTs seek out opportunities for solutions in challenging circumstances, while ANTs anticipate problems to avoid physical and psychological injuries to ourselves. In short, ANTs see challenges as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



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