



# How To Tackle Your Thoughts?

**Mind SWITCH**

**MEGALA CHANDRA  
SAKERAN**

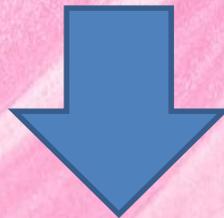
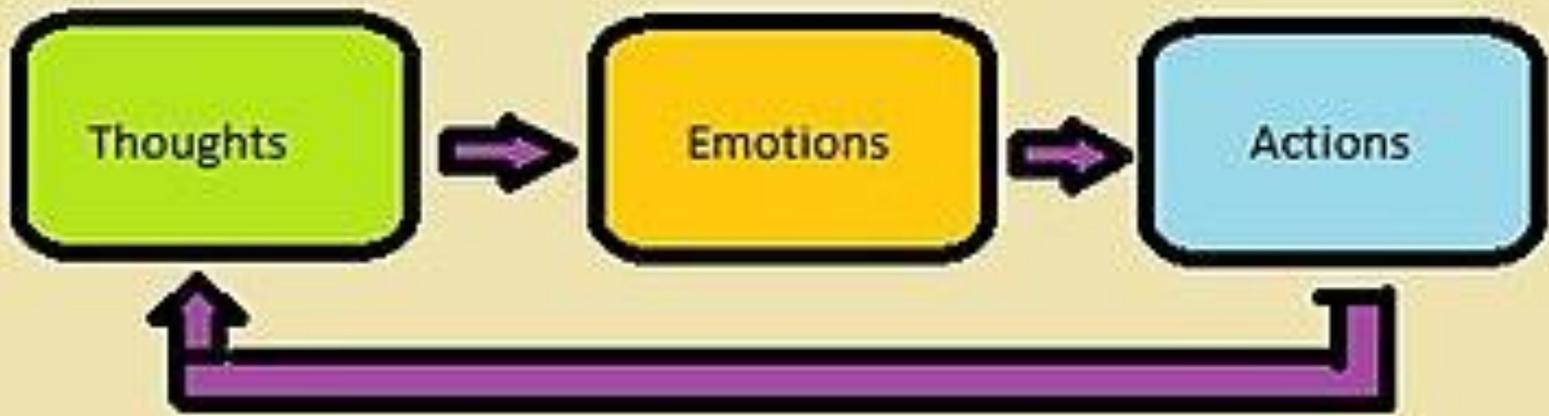
Head of Student Development and  
Counselling Department  
Student Affairs and Alumni Division

# ICE-BREAKING SESSION



**What do  
thoughts  
mean to  
you?**

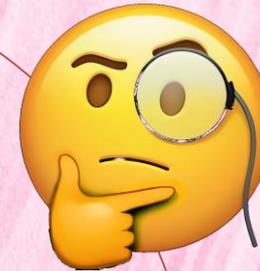




**TEA Process**

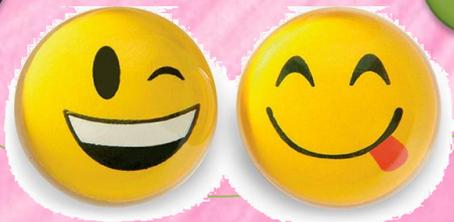
# Thoughts

Something bad will happen! I'm gonna fail my exams & I won't be able to complete my studies!



# Emotions

Worried, tense, anxious, fast heartbeat, shaky & etc



# Action

Avoid or escape,  
Give excuses @  
flight/flight mechanism  
(safety behaviours to cope with the situation)

# Situation 1:

You're sitting at the bus stop and someone is smiling at you!

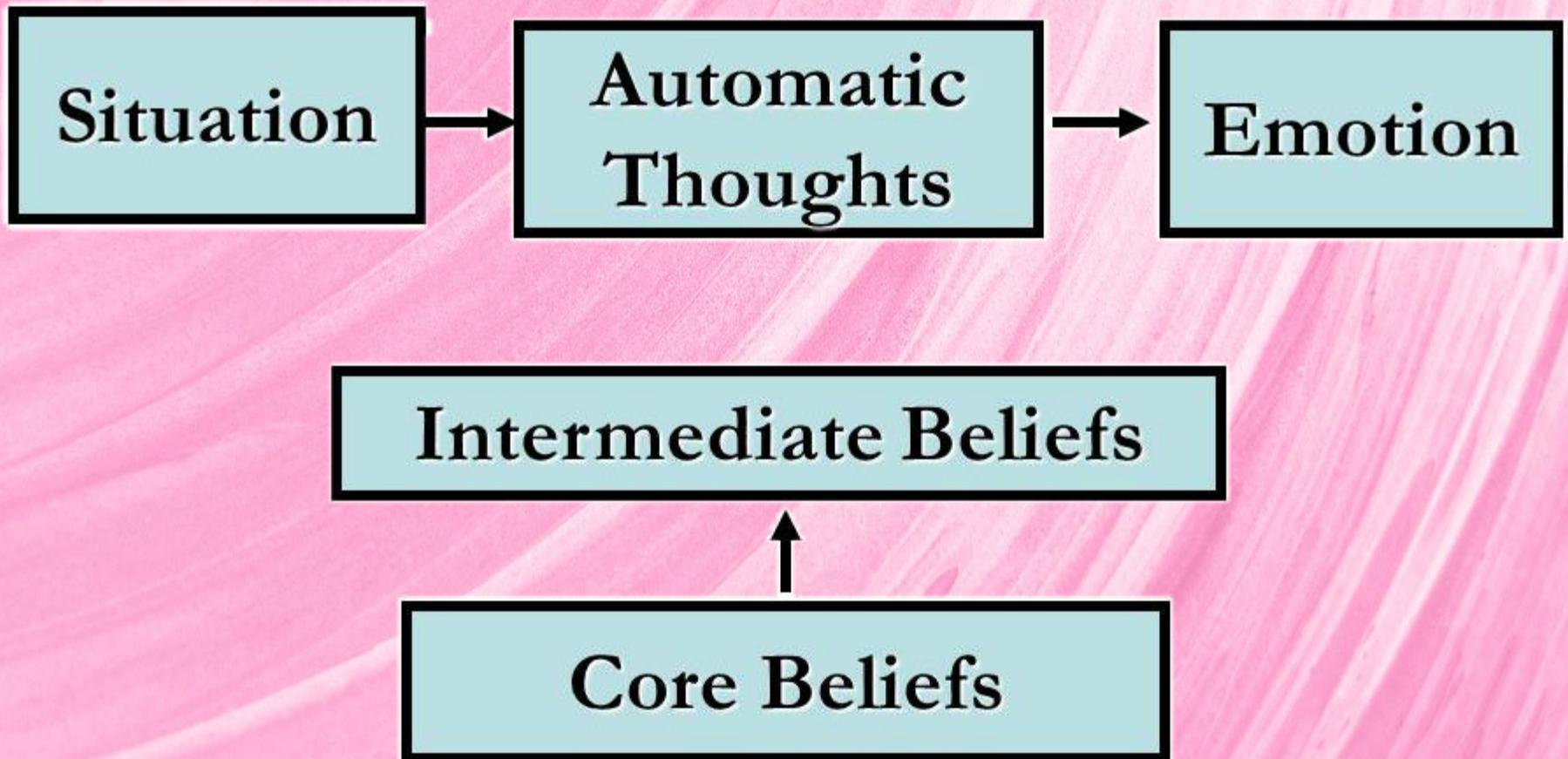


**Situation 2:**  
Someone  
invites you  
for coffee!



## Hierarchy of Beliefs

(Adapted from Judith Beck Cognitive Therapy: Basics and Beyond)



Past

Present

Future



I  
CAN'T  
DO IT

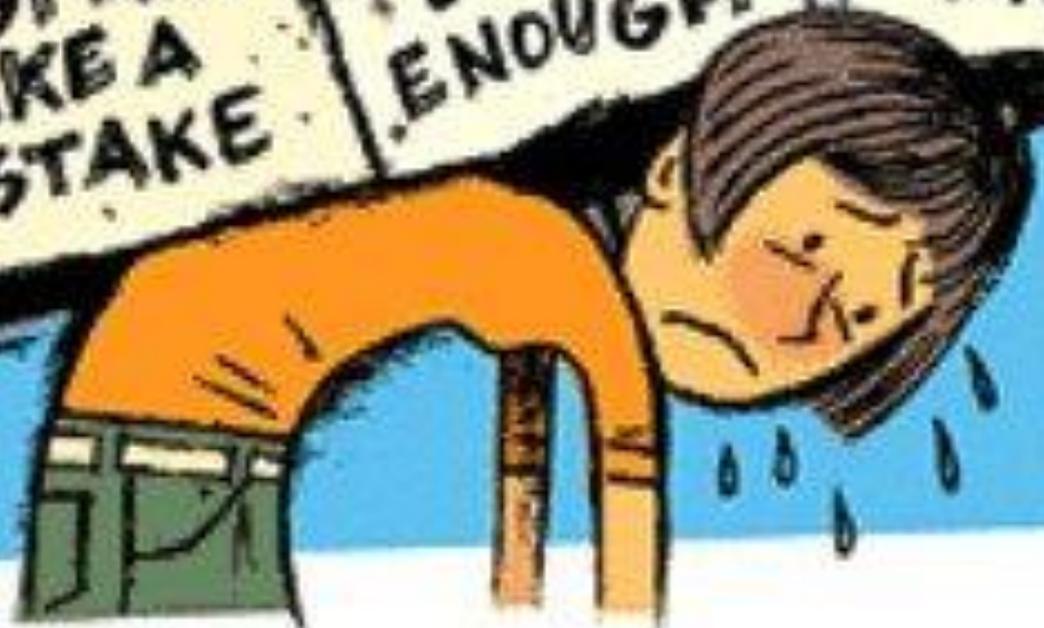
I'M NOT  
WORTHY

I MUST BE  
PERFECT

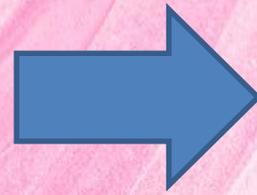
I MUST NOT  
MAKE A  
MISTAKE

I'M NOT  
GOOD  
ENOUGH

NOBODY  
LOVES  
ME



**Automatic  
Negative  
Thoughts  
(ANT)**



**Alternative  
Thoughts  
(AT)**



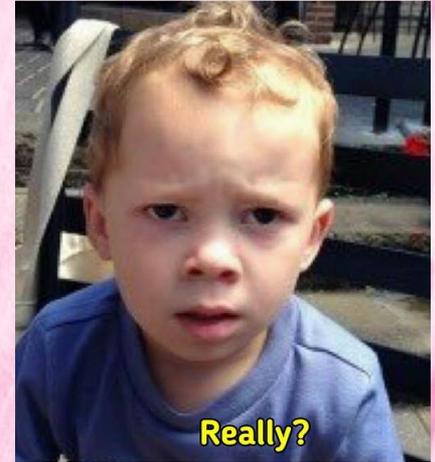
# Activity:



My Thoughts



My emotions



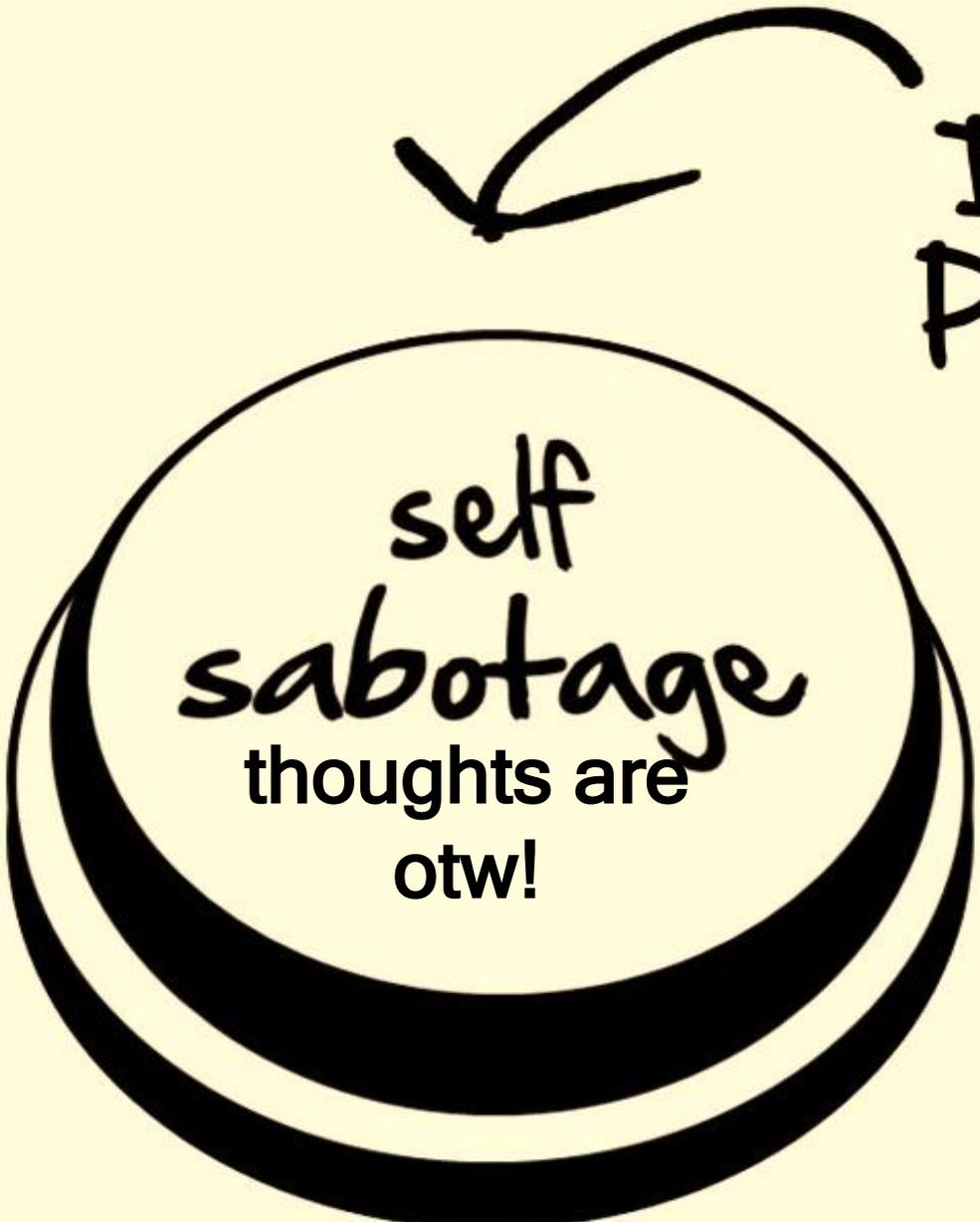
Really?

My reaction



**My DAY!**

DO NOT  
PRESS!



self  
sabotage  
thoughts are  
otw!

# All or Nothing

- It's either perfect or complete failure.
  - No grey area in between.
- e.g: If I'm not perfect then, I'm a failure.



GJM

KEEP  
CALM

AND DON'T GIVE UP

GENERALIZE

# Magnifying or Minimizing

A hand holding a magnifying glass with a brass handle. The lens is focused on the text below.

Magnify the  
positive  
attributes  
of others and  
minimize own



**Mental  
Filter**

# Emotional Reasoning

Interpret feeling based on how you feel in the moment.



# Labelling



Involve the way we think & behave without think the actual situation

# Personalization

should



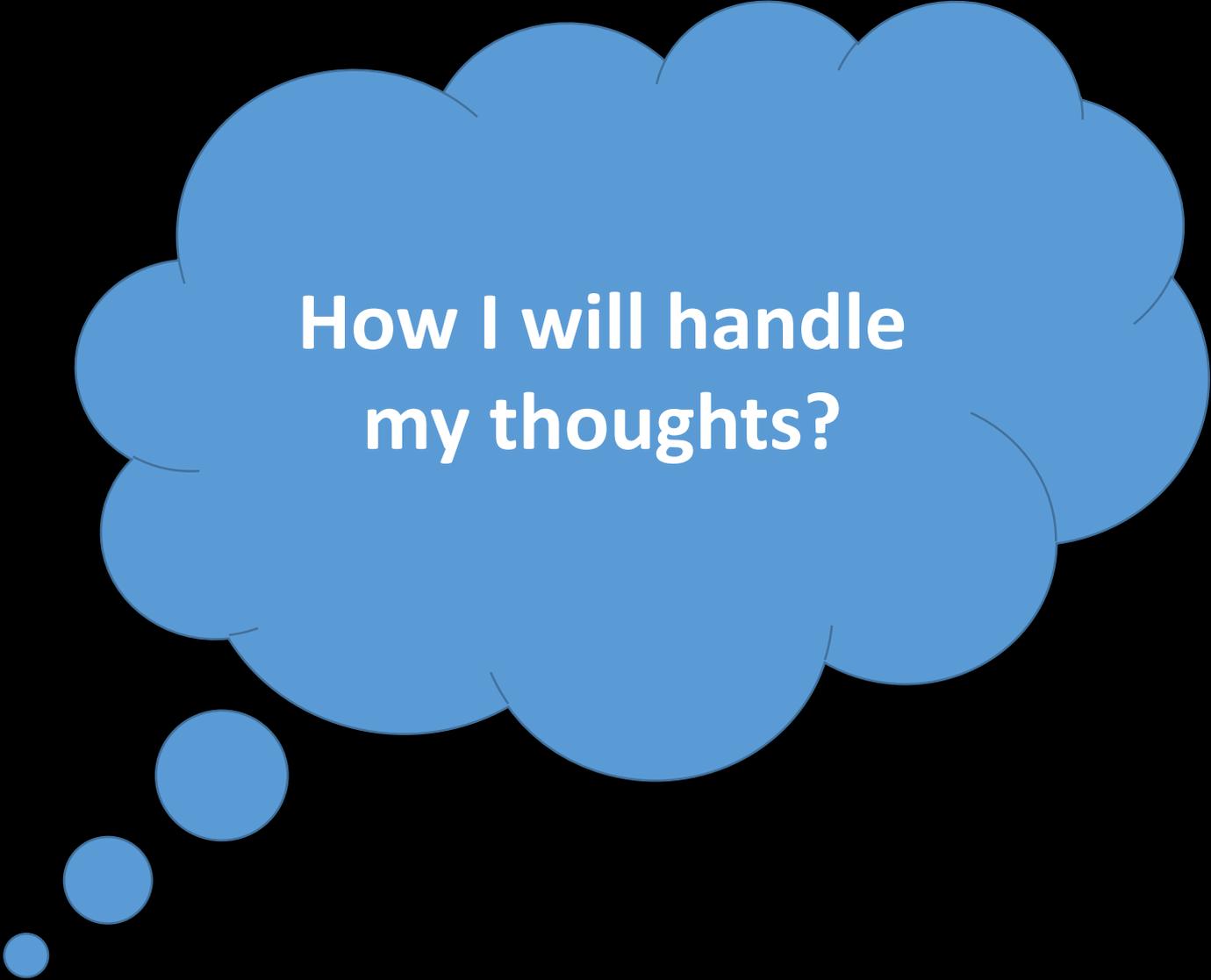
**Disqualifying  
the positive**



**Jumping into  
conclusion**  
(mind-reading & fortune  
reading)

# Video





**How I will handle  
my thoughts?**



**Activity:  
Write  
down  
Your  
disturbing  
thoughts**

Recognise &  
identify your  
thinking  
styles &  
automatic  
thoughts

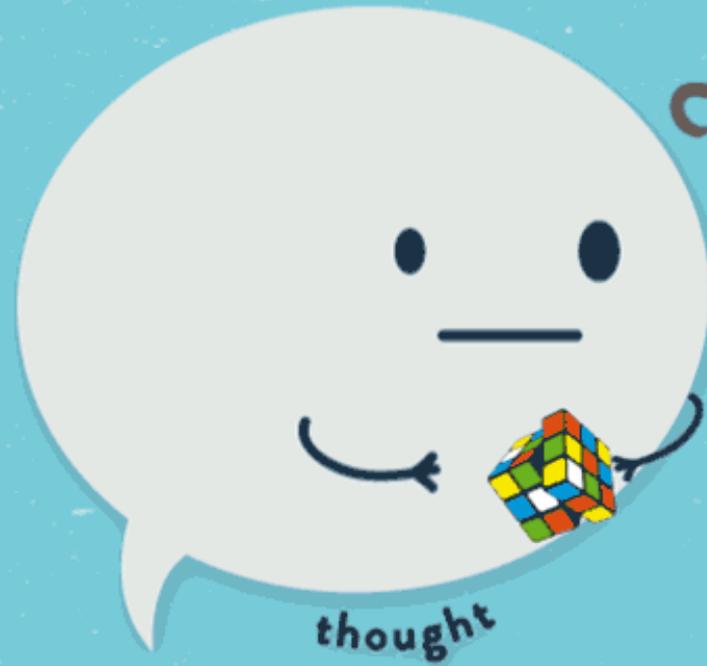




**Activity:**  
**Identify your  
thinking styles**

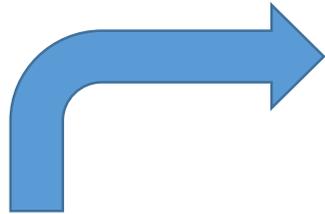
Understand  
that negative  
thoughts have  
a purpose





**Challenge your thoughts by  
looking at the evidence – the  
fact**

# HELPFUL QUESTIONS FOR YOUR THOUGHTS



- Is this **thought in any way useful or helpful?**
- Is it true? (Can I absolutely know that it's true)
- Is this just **an old story that my mind is playing out** of habit?
- Does this thought help me take effective action?
- Is this thought helpful or is **my mind just babbling on?**

- **What is the truth?** My deepest truth?
- What do I really want to feel or create in the situation? How can I move towards that?
- **How can I make the best of this situation?**
- **Who would I be without this negative thought?**
- What new story or thought can I focus on now?
- **How can I see this in a different or new way?**
- **What can I be grateful for in this moment?**



Are there any positives in yourself or the situation  
that you're ignoring — identify areas for positive change

# Activity: My Psychological ABCs



Stop  
waiting  
for

**PERFECTION!**



What you  
will say to a  
friend in this  
situation?





## Jar of Accomplishments

Keep a Gratitude Journal -  
things that you're thankful  
for



# How to Meet Your Counsellors?



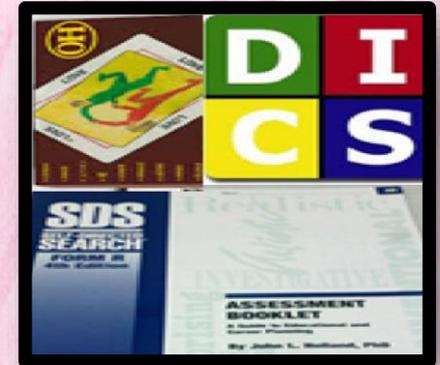
# OUR SERVICES



**Individual Counselling**



**Group Counselling**



**Psychological Assessment  
SDS and DISC**



**Workshops**



**Referrals and Consultations**



**Crisis Intervention**

# HOW TO MEET COUNSELLORS?

## Few Ways:

✓ IIS

✓ Email

[sacounselling@ucsiuniversity.edu.my](mailto:sacounselling@ucsiuniversity.edu.my)

✓ Walk-in:

SAA, Level 9, Block G

✓ SDCD Facebook page

[UCSI Student Development & Counselling Department](#)

✓ E-counselling:

<https://iis.ucsiuniversity.edu.my/Student/Login.aspx>

ANY



When life is sweet,  
say thank you and  
celebrate.  
When life is bitter,  
say thank you and  
grow.



Thank You