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## A message from the counselor for international students no.3

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### You feel the way you think

Imagine the scene, you come to the university in the morning and see your classmates walking up the stairs. Even though you say, "Hello" to them, they walk past you without replying to your greeting. In this kind of situation, what thoughts come to mind?

If you had the thought that they might be angry with you, imagine how you would feel. Would you become cheerful or would you become anxious about their behavior? What would you do next? You might start to think of why they might be angry with you.

The following day, you see your classmates waiting for the elevator. You are still worried they are angry with you so you hide behind a wall to avoid them. They contort their faces wondering why you are sneaking about. You read their facial expressions from behind the wall and are convinced they **are** angry with you. Moreover, the thought they don't like you starts to annoy you, and you become more reluctant to meet them.

What will happen if you have another thought? If you think they didn't hear your greeting, imagine how you would feel. You would not be anxious about their behavior nor would you try to avoid them.

You feel the way you think. How can we think about the event in a more balanced way when we're full of anxiety?

- ▲ Ask yourself, whether your thought is really correct and do we have solid evidence to support it?
- ▲ Think about what you would say when other people were in the same situation.
- ▲ Imagine what your best friend would say if they heard your thought.

We could become more comfortable and confident about ourselves through a change in our perception.

\*I'm located in the Center for Health Service Sciences, on the 1<sup>st</sup> floor in the Student Center on Mondays from 9:30~16:30.

\*To make an appointment, please contact the Center for Health Service Sciences.

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