



DECEMBER 2020 ASCHP CIRCULAR



Moving forward, I assume that most of us would be reluctant, at the end of 2020, to look back to see how far we have come. Yet, oftentimes the act of looking back is to observe the terrain, and although it might sound crazy, looking back can actually help us then to move confidently forward based on better perspectives. We need to know that looking back is not about reminiscing about the past, but a process of looking back to move away from the toxic past to a better future.

Come to think about it, the future is unsure but the past is known; this entices us to project that which is known onto the unknown and so unwittingly we risk carrying the burdens and negative energies of the bygone era with us on the road ahead.

The only thing that we need to take into the future is the unfulfilled purpose that already commenced in the past, for a sense of direction. Remembering the past does not mean to dwell on the past, yet, retrospective reflection may help us get closure, to heal from the bruises and embarrassments of bad memories for admittedly, we all made bad decisions, lived through painful situations, allowed opportunities to pass us by, and felt despondent at times. However, what is important is that, through it all we hopefully learned from our difficulties, gradually became wiser, more independent and even stronger.



Ultimately when we compare ourselves to our former selves we may realize that we have changed a bit, grown somewhat and contributed an increment to our self-actualization. Such re-establishes our position to counsel, not only verbally, but by example, for the most powerful counselling technique is for sure you as example flowing from your inner strength.

We wish you and yours a blessed festive season and fulfilled 2021. Please follow the [links to see our good wishes](https://1drv.ms/u/s!ApPCn2ZU8f2oksAQ0--SbOhcks7ENA?e=3WUJdv): <https://1drv.ms/u/s!ApPCn2ZU8f2oksAQ0--SbOhcks7ENA?e=3WUJdv>

Thank you for the kind support during 2020.

Liezl Herholdt (CEO)

Note. Office will close on Tuesday, 15 December 2020 and reopen on 11 January 2021