

Linking Feelings and Appraisals

Appraisals (meaning we give situations) influence the way we feel. By changing appraisals, we can change our feelings.

Situation	Meaning	Feeling	Alternative Meaning	New Feeling
e.g., I made an error at work	I'm incompetent	shame	Everyone makes mistakes occasionally	compassion

Visit our shop for more Mental Health Worksheets: [click here](#), or go to: <https://payhip.com/ineffableliving>