

Exercise 40 – Linking Feelings and Appraisals

The following exercise helps us to identify the association between feelings and perceived meanings.

Try to fill in the blanks by identifying alternative healthy emotional responses:

Situation	Meaning	Feeling	Alternative Meaning	New Feeling
Friend doesn't reply to my message	<i>I have offended her</i>	<i>Rejected</i>	<i>It's not personal - She is disorganised</i>	
Boss sends a directive email	<i>He doesn't show any respect</i>	<i>Anger</i>	<i>He has his own stresses</i>	
I make an error at work	<i>I will be outed</i>	<i>Anxious</i>	<i>Everyone makes mistakes occasionally</i>	
I shout at the kids	<i>I am a terrible parent</i>	<i>Ashamed</i>	<i>I lost my temper and I will learn from this</i>	

Now identify an alternative meaning to match the new feeling:

Situation	Meaning	Feeling	Alternative Meaning	New Feeling
My partner doesn't consult me	<i>My opinions don't count</i>	<i>Worthless</i>		<i>Assertive</i>
A colleague blanks me at work	<i>They think I am weird</i>	<i>Embarrassed</i>		<i>Courageous</i>
I criticise a friend	<i>I am a bad person</i>	<i>Disgusted</i>		<i>Regretful</i>
I am not invited to a party	<i>I should have said something</i>	<i>Disappointed</i>		<i>Vengeful</i>