



MODULE 3 WORKSHEET | HOW WE THINK IS HOW WE FEEL

The benefit of learning that appraisals (thoughts), generate emotional responses is that it is possible to manage our feelings by changing our thoughts. Addressing appraisals can be challenging at first, especially as thoughts can happen very quickly (in fact, we go through thousands of thoughts a day!). Sometimes it is difficult to notice our unhelpful appraisals or conjure a more helpful appraisal in the precise moment. Remember this is all a part of the learning process and will get easier with practice over time. Sometimes it can even be helpful to talk to others who can offer alternate appraisals that support your goals and wellbeing and help defuse the situation.

1. You wave “hello” to a passing friend while on campus, but they walk right past you. Which of the following appraisals might be considered helpful here?

- a. “They’re probably just busy or in a rush.”
- b. “Maybe I did something to annoy them.”
- c. “I’m not good enough for them to stop and acknowledge me.”
- d. “They probably just didn’t see me.”
- e. Both a and d.

2. List three situations which make you feel distressed or overwhelmed.



3. For each of these situations, identify an unhelpful thought which may make you feel this way.

4. For each of these situations, identify an alternate helpful thought or strategy which aligns more with how you would prefer to feel (Refer to the [Table of Unhelpful Thinking Styles](#)).

5. Find a spare five minutes in your day to practice the [attention training activity](#) from Module 2 (Part 2.4). How did you find the activity?

For many important situations we find ourselves in, there are often “helpful” ways of thinking and responding which will help support us in achieving our goals.

