
Appraisal Worksheet

What is the initial situation or trigger? _____

STEP 1: Name the stressor (e.g., your illness, vision of the future, finances, relationships, etc.)

STEP 2: Capture your appraisals

Primary appraisals (thoughts you have about the stressor):

(Hint: How bad is it? How important is it? What's the worst-case scenario? What does it mean?)

Secondary appraisals (thoughts about coping and resources):

(Hint: What will coping require? Will it work? Can you handle it? Do you have enough resources or supports?)

STEP 3: Evaluate your appraisals

Important questions to ask to improve primary appraisals:

- How likely is this stressor to occur?
- Is it helpful to worry about this right now?
- Have I been wrong before? Have I worried too much before?
- What are the likely outcomes if it does occur?
- How long will it last?
- How accurate have I been in the past?
- What are the best-case and worst-case scenarios?
- Can I live with the worst-case scenario?
- Could I learn more about the stressor or find someone who can answer my questions?

Important questions to ask to improve secondary appraisals:

- What resources are realistically needed to cope with this stressor?
- What are high and low estimates on how much of these resources will be required?
- What resources do I have at my easy disposal?
- What new resources could I possibly acquire?
- Have I coped with similar stressors in the past? How?
- Have I underestimated my ability to cope in the past?
- Who is in my social support network and what help can they provide?
- Are there new people or services I can recruit to assist with coping (e.g., social services, church help, hospice, neighbors)

STEP 4: Rewrite your appraisal (based on the above evaluation)

My new primary appraisal:

My new secondary appraisal:
