

**Public Abstract**

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Title:The Effects of Approach-Avoidance Behaviors on Goal Appraisals

Previous research has demonstrated that behaviors associated with approach and avoidance motivation can influence cognitions in line with the particular motivational state (e.g., Friedman & Förster, 2008). The present studies examined whether behaviors associated with approach and avoidance motivation similarly influence the value associated with one's life goals. In both studies, participants performed a task aimed to elicit approach or avoidance motivational states. After the manipulation, participants completed an idiographic goal ratings task. The results of Study 1 showed that participants in the approach motivation condition reported their goals were more self-concordant compared to participants in the avoidance motivation condition. Study 2 replicated this finding and additionally showed that participants who were high in dispositional approach motivation reported being more invested in their goals after exposure to the approach related cues. In addition, dispositional approach related motivation was more strongly related to state positive affect for participants in the approach condition, compared to participants in the avoidance condition. Implications for research on motivation and well-being are discussed.