I'm not a bot

Vocabulaire sentiments émotions pdf

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The Wake Forest University online school counseling program can prepare you to work in collaboration with educators, supporters and children's family members to improve quality of life and boost their academic success.Get Started Now People often use the terms "feelings" and "emotions" interchangeably, believing they mean the same when discussing the human experience. The phrase "feelings vs emotions" highlights the subtle yet important differences between these two aspects of our psychological makeup, where emotions are automatic, subconscious responses to stimuli, and feelings are the conscious experiences and interpretations of those emotions.While they are related, psychologists and philosophers often distinguish between the two. Here, we'll explore the nature of feelings and emotions, distinguish between them, and discuss some ways to determine which you are experiencing.Getty/Vadym PastukhFeelings and emotions are distinct parts of ourselves Explore yourself with online therapyUnderstanding the difference between feelings and emotionsEmotions describe personal experiences we label as good or bad, kind of like enjoying a warm cup of coffee or disliking a rainy day. Feelings, on the other hand, refer to the thoughts we have about our feelings, and also act as a vehicle for communicating our feelings. For example, a betrayal may trigger sensations of anger, hurt, and sadness. These are emotions, and often evoke immediate physical sensations within the body. Our thoughts about the experience—such as those of betrayal, disillusionment, or distrust—shape and define our feelings.What are emotions in psychology? According to the American Psychological Association (APA), emotions are complex reactional patterns arising in an individual due to a significant event. The unique significance of the event determines the quality of the emotion. An example of a significant event that causes an emotional response would be extreme airplane turbulence eliciting a feeling of fear. Emotions often involve feelings but are implicitly engaged with the world around you. They emerge subconsciously in several brain areas, including the subcortical region, the amygdala, and the ventromedial prefrontal cortices. The stimulus of these areas of the brain causes changes in one's physical and emotional state. The "fight-or-flight" response when faced with danger or stress is a basic human emotional response ingrained in each person's genetic code. This emotion became widespread because it has helped humans and other mammals survive as a species. However, the body can have many other emotional responses, including during pleasurable or enjoyable circumstances. Because these inclinations are a neurochemical reaction from a stimulus, they are also considered unconscious and instinctive. The psychology of emotions According to psychologists Paul Ekman and Wallace Friesen, there are six universal emotions that all humans can experience. These emotional responses include the following: HappinessSadnessFearDisgustAngerSurpriseThese emotions were determined based on research with two isolated tribes in Papua New Guinea, the Southern Fore and Kukukuku, in the early 1970s. When presented with images of the faces associated with each emotional state, the tribe could identify the emotions on the faces similarly to other societies. Afterward, the researchers continued emotional research by taking pictures of the Southern Fore and Kukukuku performing these facial expressions and showing them to other cultures worldwide. The results were the same. In addition to the six universal facial expressions, sounds may also be universal. For instance, if presented with a foul-smelling odor, humans may make a disgusted facial reaction paired with a "yuck" sound or equivalent in another language to express that they are offended. This verbal expression is known as universal human signaling. Another example of a universal emotional signal is smiling and laughing. Smiling and laughter are often paired together in multiple cultures throughout the world. However, it is not required that everyone shows these signs. People can still experience emotions internally without outwardly showing them. Regardless, emotions can be essential in human interaction and relationships and have had a crucial role in the evolution of the species, also observed in non-human primates, such as apes. GettyWhat is the difference between feelings and emotions?In contrast to emotions, feelings originate in the neocortical region of the brain and are reactions to the emotional stimulus. Feelings form when your brain assigns meaning to the emotional experience that you are having.Because they are based on an emotional experience, they can be subjective and vary from person to person. Looking at the six universal emotions, you can attach the words feel, felt, or feeling to any of them. For example, you can feel happy or angry. However, these feelings are more specific than broad emotional responses and may encompass more variety. How are feelings more specific than emotions? Feelings can become more specific than emotional responses and may also be brought up due to your physical reactions. Pain and hunger are a couple of examples of this occurrence. If you are injured, you can feel pain. If you have not eaten during the day, you may feel hungry. In addition, you might feel angry if you're hungry for a long time. These dispositions are noticed at the conscious level, and according to Antonio Damasio, professor of Neuroscience at the University of Southern California, these inclinations are mental experiences of body states and arise as your brain interprets your subconscious moods. Damasio theorizes that feelings arise due to the human brain interpreting emotions, the physical signals of the body reacting to an external stimulus. His primary theory stipulates that the interplay of emotions and feelings is the core of consciousness, and emotional control processes preserve life while shaping personal and cultural accomplishments. Unlike emotions, feelings are completely conscious. However, not all conscious experiences are necessarily feelings. You may be aware of what you are seeing or hearing without your awareness being a feeling. Although feelings differ slightly from emotions, they do have similarities. How to determine the differences between feelings and emotionsYour brain may assign meaning to your moods to create a feeling but can also do the opposite, depending on the experiences you have been exposed to. For example, arachnophobia (the fear of spiders) can be an example. At some point in your life, you may have had a negative experience with a spider, causing you to fear them in the future. This innate phobia and emotional state can also be paired with feelings like fear and disgust. Your moods can affect your behaviors, allowing feelings towards them to persist. You can actively try to avoid spiders or avoid thinking about them to prevent an unwanted emotional response, creating more fear. Similarly, these emotional responses can cause you to pursue a behavior or situation because you expect a positive emotional response. However, moods are often temporary and emotional responses can be persistent. This process can create a cycle of emotions that incite negative feelings, which cause more emotions. Because your emotions and feelings significantly impact your behaviors, they can influence how you interact with the world, potentially inspiring unhealthy or healthy behaviors. Since they shape your behaviors, becoming aware of these emotions and fully understanding your emotional responses can be beneficial in making changes. Self-awareness of your emotions as a vehicle for changeTo change your emotional responses, it may be beneficial to work toward a sense of self-awareness. One way to develop an awareness of your emotions is to pay attention to the physical sensations that occur after a stimulus, such as your heartbeat or temperature.These physical sensations are the only way to measure emotions in studies. For instance, pupil dilation through eye tracking, heart rate with electrocardiography (ECG), or facial expressions can give others an objective measurement of emotions because they are bodily reactions as well as feelings. When you develop an awareness of your emotions and feelings, you can navigate the world around you more freely. You may be able to figure out the causes, make a conscious thought, and act in healthier ways. You can choose to respond, react, or ignore situations that cause an emotion to arise, potentially leading to a more positive lifestyle.Getty/Luis AlvarezFeelings and emotions are distinct parts of ourselves Explore yourself with online therapyFinding professional supportWhile spending time on your own to develop an awareness of your emotional reactions and associated feelings is possible, you may feel that working with a professional offers you an outside perspective that helps you more objectively understand. Whether you have a mental health condition or want to learn more about your feelings, a therapist can be a valuable resource.DBT and CBTDialectical behavior therapy (DBT) and cognitive-behavioral therapy (CBT) are two therapeutic modalities that target emotional dysregulation. If you are struggling with overwhelming emotions or do not understand why you are experiencing intense emotional responses to situations, you might choose to seek the help of a therapist who specializes in these modalities to support you through the process. How online therapy can helpPeople living with overwhelming emotions or mental health conditions may sometimes find visiting a therapist in person too challenging. Others may be unable to find the time to make appointments or are limited due to physical or geographical restrictions. Online therapy through a platform like BetterHelp can also be an effective option, proven in several studies to be as effective as in-person therapy, with the added benefits of convenience and comfort. Through an online platform, you can also choose between phone, video, or chat sessions, allowing you control over how you receive care. Although the two concepts are sometimes mistakenly used as synonyms, learning the differences between feelings and emotions can be valuable in understanding and improving mental health. To further understand these concepts, consider contacting a licensed therapist for guidance and support.What is the difference between human emotions and feelings?While many use the words interchangeably, there is a difference between feelings and emotions – at least in the context of psychology. Generally, emotions arise due to a significant event or stimuli. They are unconscious and instinctive. Emotions originate in various brain areas, including the amygdala, ventromedial prefrontal cortices, and subcortical regions. Conversely, feelings originate in the neocortical region of the brain and are conscious reactions to emotions. They arise when the brain assigns meaning to the emotional experience. In other words, emotions are instinctual and arise from stimuli, and feelings are conscious interpretations of those emotions. Which comes first feelings or emotions?Emotions come first, followed by feelings. When a person goes through a significant event, it causes a complex reactional pattern in the brain, causing an emotion. This emotional response is unconscious and instinctual. After the emotional response, the brain interprets and assigns meaning to the emotion, which leads to the conscious awareness and experience known as a feeling. Is crying a feeling or an emotion?It's neither. Crying is a physical response to either an emotion or feeling. For example, a person might cry when they experience fear, sadness, joy, or anger. However, the act of crying isn't an emotion or feeling. It's simply a physical reaction to a feeling or emotion. What are the 5 emotions and feelings?In the 1970s, psychologists Paul Ekman and Wallace Friesen uncovered six basic emotions, including: Joy FearSadness Disgust Anger Surprise Some experts believe there are actually seven basic emotions, and contempt is the seventh emotion. Feelings are subjective interpretations of emotions and can be much more diverse and nuanced. For example, the base emotion may be sadness, but the feeling arising from that could be melancholy, disappointment, grief, regret, or dozens of other feelings. Why is it important to know the difference between emotions and feelings?Understanding the difference between raw emotions and feelings can enhance a person's emotional intelligence, which can lead to greater emotional awareness. Knowing the difference can help people better understand emotions, communicate better, improve relationships, and have more informed reactions as they experience intense emotions in real life scenarios. Is stress a feeling or emotion?Stress can be an emotion and a feeling. Stress often arises as an automatic response to a perceived threat or challenge. It's not uncommon for it to present with a physical sensation, like muscle tension, jaw clenching, shaking, increased exhaustion, or clammy palms. Once the brain processes the emotional response, it can become a conscious experience, leading to the feeling of stress or overwhelm. How many types of emotions and feelings are there? While there are some universally recognized feelings and emotions, the range of feelings human beings can experience is varied and not limited to a specific number. Recent raw data and research have shown there are at least 27 categories of emotions, including: AdmirationAdorationAesthetic AppreciationAmusementAnxietyAweAwkwardnessBoredomCalmnessConfusionCravingDisgustEmpathetic painEntrancementEnvyExcitementFearHorrorInterestJoyNostalgiaRomanceSadnessSatisfactionSexual desireSympathyTriumphHowever, there's not a specific number of emotions or feelings a person can experience. Is disappointment a feeling or emotion?Disappointment can be categorized as an emotion or feeling. However, in general, disappointment is a feeling that forms from an emotional response, like sadness or anger, that arises when a need isn't met or an outcome isn't what you expected. When the brain interprets the emotional response (i.e., sadness or anger) and the unmet need, it can become a conscious feeling of disappointment. What is the strongest emotion?The strongest emotion is subjective and varies from person to person. Some experts believe positive emotions like love and gratitude are the most powerful, while others believe emotions like anger and fear are stronger. Additionally, some people can experience the same emotion and have different experiences. Regardless of which emotion is the strongest, tools like deep breathing techniques and therapy can be valuable in managing and understanding intense emotional experiences.Here are some more questions about feelings and emotions:What are some examples of the difference between feelings and emotions?Emotions are immediate bodily responses to specific stimuli that are typically unconscious. For example, you may experience emotions such as sadness, anger, fear, disgust, or excitement. Feelings, on the other hand, are a more conscious way that we interpret or "feel" our emotions. The way we feel is shaped by thoughts, life experiences, cultural factors, and more. Unlike emotions, feelings can be more enduring. For example, you may feel embarrassed when you perform poorly or feel angry when someone cuts you off in traffic. How do we have feelings and emotions?Emotions are triggered by things like external stimuli and thoughts. The stimuli can lead to physiological changes, such as faster or slower heartbeat, changes in expressions, and changes in thought processes. For example, if you're scared: your heart might race, you may begin to frown, your eyes may water, and you may think something like, "How can I get away from this situation?"When you start to understand emotions and how you experience them, you can start to use these changes as information. Rather than immediately responding, listening to what your emotions are communicating to you can help you regulate your response and understand yourself better. What is the purpose of feelings and emotions?From an evolutionary perspective, feelings and emotions serve several key functions, including: Social bonding and communicationSurvival and threat detectionResponding appropriately to changes in the environmentMotivationProblem-solvingIn modern times, emotions are still critical to these functions. For example, emotions like happiness can trigger smiling, which communicates your feelings to your loved ones. Emotions like hope and healthy levels of anxiety can motivate you to work hard in your professional life. What are the benefits of feeling your emotions?Feeling, accepting, and expressing emotions are important for many reasons, including the following: Helping you process and heal from traumatic experiencesEncouraging problem-solving and strong decision-making skillsStifling emotions can impair emotional regulation, whereas feeling and expressing emotions healthily can build resilience Helping you set clear boundaries and communicate your needs to othersResearch suggests that feeling your emotions without judgment can help you self-regulate and overcome difficult situations more readily. In part, this may be because allowing oneself to feel and accept emotions reduces the risk of overreacting and exacerbating negative emotions. What does an emotion do to you?Emotions trigger a range of physical, mental, and behavioral effects that impact how you think, perceive your environment, and react. Much of human behavior, for that matter, is heavily influenced by emotional states. For example, if you feel sad, you may experience physical symptoms like nausea, behavioral symptoms like withdrawal, and mental changes like reduced hope and optimism. What is a good use of emotions?Within the field of social psychology, emotions are seen as an important piece of information that can help us communicate and set clear boundaries, navigate social interactions, bond with others, and otherwise help us understand ourselves and others.