

### **emotion pure feelings and pdf**

emotions, and moods. Affect is a generic term that covers a broad range of feelings that people experience. It's an umbrella concept that encompasses both emotions and moods.<sup>5</sup> Emotions are intense feelings that are directed at someone or some-thing.<sup>6</sup> Moods are feelings that tend to be less intense than emotions and that

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Although the two words are used interchangeably, there are distinct differences between feelings and emotions. Ok. Big deal. Well, it kind of is a big deal because understanding the difference between the two can help you change unhealthy behaviors and find more happiness and peace in your life.

### **What's The Difference Between Feelings And Emotions? - The**

12 | dōTERRA Emotional Aromatherapy [www.doterra.com](http://www.doterra.com) | 13 | dōTERRA Forgive® Renewing Blend It can be difficult to live a life of contentment when feelings of anger, betrayal, guilt, and negativity hang like a dark cloud over your head. These emotions often lead to excess stress and can dampen

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Feelings Inventory The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to

### **Feelings Inventory - Nonviolent Communication**

Exploring Emotions through ACTIVITIES Learning Objectives E-1 To increase awareness of emotions and identify times when they were felt E-2 To identify need for emotional development E-3 To increase awareness of emotions E-4 To increase familiarization of emotions E-5 To increase awareness of emotions E-6 To increase awareness of emotions

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List of Emotions Author: Therapist Aid LLC Created Date: 7/9/2018 12:18:18 PM ...

### **List of Emotions - Therapist Aid**

Title: How do you react when you believe that thought Author: Natalie Gray Created Date: 6/4/2018 9:50:01 PM

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