

A Model Outlining Feelings vs. Emotions and Why Distinction is Critical

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Abstract : Typically it consider feelings and emotions to be synonymous with one another, often resulting in using both terms interchangeably. However, feelings and emotions are fundamentally different and this is often not understood by either practitioners or their clients. For example, one of the most common reasons for couples separating is due to misunderstanding one another. Misunderstanding is also linked to anxiety, depression and other disorders that affect many individuals. Hence the importance of presenting clear guidelines to clients regarding fundamental definitions, otherwise judgement and decision-making ability is likely to be impaired as well as the ability to adequately problem solve and communicate effectively with others. Feelings are not meek, mild or pathetic. Nor are emotional issues healthy to harbour and not resolve throughout our life. Yet many people carry childhood and other unresolved issues for many years, in some cases their entire lifetime. Recognising that expressing from feelings is far more powerful than expressing from emotions is critical in re-inspiring those who may have given up on the possibility that their long-term unresolved issues could ever be resolved. This presentation presents the Feeling Emotions Mental (FEM) model (developed by the author in 2017) which outlines the difference between feelings and emotions and why the distinction is critical to psychological practice for the benefit of our clients. Misunderstanding and misinformation are responsible for untold atrocities throughout our human history and hence clear clarification of definitions is paramount to preventing many different types of relationship issues and other conflicts.

Keywords : couples, mental, misinformation, misunderstanding, relationships

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