

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

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**Abstract :** Context: Feelings and emotions are commonly misunderstood and the terms often used interchangeably, leading to potential negative impacts on individuals' mental well-being and relationships. The distinction between these two fundamentally different experiences of human life is crucial for effective psychological practice and communication. Research Aim: The aim of this study is to outline the disparities between feelings and emotions, emphasising the significance of this differentiation in psychological practice to enhance clients' observation, decision-making, problem-solving, and communication skills. Methodology: This research utilises a conceptual model developed by the author in 2017 based on clinical experience, client observations, and feedback. The model serves to guide effective clinical practice by providing clear definitions and understanding of feelings versus emotions. Case study examples were utilised to support the efficacy of the model. Findings: The study highlights that recognising and expressing feelings rather than emotions is more empowering and conducive to resolving unresolved issues, thereby fostering better psychological well-being and interpersonal relationships. Theoretical Importance: This research underscores the importance of clarifying fundamental definitions related to feelings and emotions in enhancing psychological interventions and preventing various relationship conflicts and individual issues. Data Collection and Analysis Procedures: Data was collected through the author's clinical experience and interactions with clients, informing the development of the Feeling Emotions Mental (FEM) model. Analysis involved synthesising observations and feedback to elucidate the distinctions between feelings and emotions. Questions Addressed: What are the disparities between feelings and emotions? How does the confusion between these two fundamentally different experiences of human life impact individuals' mental well-being and relationships? Why is it essential to differentiate between feelings and emotions in psychological practice? Conclusion: The study advocates for a clear understanding of feelings versus emotions to support clients in addressing unresolved issues and improving their overall psychological functioning and communication skills, thereby preventing potential conflicts and relationship challenges.

**Keywords :** couples, mental, misinformation, misunderstanding, relationships

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