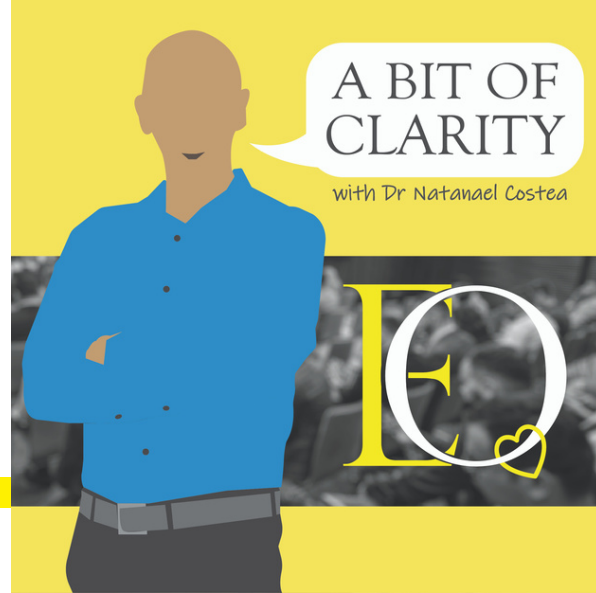


EP 012

DIFFERENCE BETWEEN FEELINGS AND EMOTIONS

SHOW NOTES



OBJECTIVE

> Develop an understanding of the difference between feelings and emotions.

UNDERSTANDING FEELINGS AND EMOTIONS

> Emotions come from **experiences**, feelings come from **thoughts**. Most of the emotions we feel during the average day are not emotions, they are actually feelings. And feelings are a mentalized state, something we create based on what we focus on, and what we make what we focus on mean.

Our feelings come from a psychological construct based on what we are witnessing or what we are seeing, or what we are being told, or the conversation we've had, or whatever we experienced - but it's our interpretation of it.

Our emotions come from experiences, and these are organic, in the body - it's a natural response of sudden joy, sadness, happiness or heaviness. Emotions are an organic reaction to the experience we are having.

AWARENESS OF DAILY FEELINGS

A feeling is an echo of the interpretation of our reality. It's the thought that we have. The thread is like this:

- > Thought
- > Meaning
- > Mood
- > Temperament
- > Illusionary Reality

REVERSE ENGINEERING

Decide what you think and the meaning you give your thinking. What you think is what you focus on. What you focus on expands and what you stop focussing on ceases to exist. You are in control of your feeling state. The quality of your life is determined by the quality of your experiences based on your thinking and the meaning associated with it.

APPLICATION

> Make a list of your thoughts that have triggered certain feelings today. List the meaning you gave your thoughts and derive a plan to reverse engineer these next time.

RESOURCES

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