

Emotions and Feelings Log

At the end of each day take a moment to journal your most powerful emotions from that day. Your journal should include:

	Emotion/Feeling you had:	Cause of the emotion/feeling:	Behaviors or actions as a result:	Physical Symptoms you felt:	Was your response appropriate to your emotion/feeling?
6AM - 8AM					
8AM - 10AM					
10AM - 12PM					
12PM - 2PM					
2PM - 4PM					
4PM - 6PM					
6PM - 8PM					
8PM - 10 PM					
10PM - 12AM					

DISCLAIMER: This is not a substitute for professional medical advice, diagnosis, or treatment.

Emotions, feelings, and moods are words most people use reciprocally. They are associated (and this is an elaborate topic) but there is a structural difference, and awareness; is essential. In jeopardy, is the way you operate in this world.

Emotions:

Inherently emotions are physical and impulsive. They have been designed into our genes over many, many years of evolution, and are hard-wired. They are elaborate and involve a variety of physical and cognitive responses (many of which are not well understood). Their overall purpose is to produce a clear-cut reaction to a stimulus. For example, you are alone hiking in the foothills, you see a mountain lion, and you instantly get scared. Emotions can be gauged objectively by blood flow, brain activity, facial expressions, and body stance. Psychologists identify twenty-seven categories of emotion: admiration, adoration, aesthetic appreciation, amusement, anger, anxiety, awe, awkwardness, boredom, calmness, confusion, contempt, craving, disappointment, disgust, empathic pain, entrancement, envy, excitement, fear, guilt, horror, interest, joy, nostalgia, pride, relief, romance, sadness, satisfaction, sexual desire, surprise, sympathy and triumph.

Feelings:

Feelings, on the other hand, form in our heads. They are mental affiliations and reactions to an emotion that are personal and gained through experience. There are over 4,000 feelings. A universal emotion usually comes first. What varies from person to person is what kind of feeling it becomes (dependant on the situation, temperament, and experience.) People feel the same emotion but label it differently. For example, you witness a young child fall and start to cry, and feelings may range from empathy to worry depending on the person.

Moods:

In psychology, a mood is an emotional frame of mind. In contrast to emotions, feelings, or change, moods are less specific, and less extreme. Moods are frequently characterized as either positive or negative. For example, are you in a 'good' mood today or a 'bad' mood?

Difference between Feelings and Emotions:

Emotions are event-driven. Feelings are based on past conditioning that are usually in hibernation until brought about by an event. Joy (an emotion), unlike happiness (a feeling), involves very little conscious thought—we feel good without a conscious decision. Whereas happiness (a feeling) is usually caused by and susceptible to outside circumstances, joy (an emotion) is something we encounter more deeply; it's a state of being that's not naturally tied to external situations. While happiness (a feeling) is a state of mind based on circumstances, joy (an emotion) is an internal feeling that disregards circumstances.

Feelings	Emotions
Feelings tell us “ how to live. ”	Emotions tell us what we “ like ” and “ dislike. ”
Feelings state: “There is a right and a wrong way to be.”	Emotions state: “There are good and bad actions.”
Feelings state: “ Your emotions matter. ”	Emotions state: “ The external world matters. ”
Feelings establish our long term attitude toward reality.	Emotions establish our initial attitude toward reality.
Feelings alert us to anticipated dangers and prepares us for action, whether they’re true or not.	Emotions alert us to immediate dangers and prepares us for action
Feelings ensure long-term survival of self. (body and mind.)	Emotions ensure immediate survival of self. (body and mind.)
Feelings are low-key but sustainable.	Emotions are intense but temporary.
Happiness is a feeling.	Joy is an emotion.
Worry is a feeling.	Fear is an emotion.
Contentment is a feeling.	Excitement is an emotion.
Bitterness is a feeling.	Anger is an emotion.
Love is a feeling.	Attraction is an emotion.