

EMOTIONS VS. FEELINGS VS. MOODS



Emotions

vs



Feelings

vs



Moods

Duration

Short
(seconds)

Moderate
(minutes)

Long
(hours or days)

Intensity

High

Moderate

Low

Causes

Specific responses to
external stimuli (events,
objects, people)

Mental reactions
to emotions

The cause is often
general and unclear

Effects

Immediate action
→ fight or flight
response

Decision-making,
learning, memory,
perceptions,
attitudes, intentions

Behavior,
psychological
well-being,
physical health

Awareness

Automatic and
unconscious

Conscious

Conscious

Feelings —→ Emotions —→ Moods

- How we interpret feelings becomes our emotions.
- Emotions can turn into moods.
- Moods can affect emotions.

