

Epicurean Verse For When You're Feeling...

Post by "Kalosyni" of March 6, 2023 at 2:35 PM

[Quote from Kalosyni](#)

3. Some of words you use as "feelings" are in actuality evaluations/judgements and not feelings/emotions -- insecure, rejected, persecuted, injured, poor, weak.

Quote

Feelings: emotions or sensations, free of thought and story. These are to be distinguished from thoughts (e.g., "I feel I didn't get a fair deal") and from words colloquially used as feelings but which convey what we think we are (e.g., "inadequate"), how we think others are evaluating us (e.g., "unimportant"), or what we think others are doing to us (e.g., "misunderstood", "ignored").

https://en.wikipedia.org/wiki/Nonviolent_Communication

You can read all about "faux feelings" here:

[Faux Feelings - Making Life More Wonderful](#)