

July 7, 2025 First Monday Zoom Discussion 8pm ET - Agenda & Topic of discussion

Post by “Kalosyni” of July 7, 2025 at 4:38 PM

[Don](#) I'm thinking about the difference between emotions and feelings, and came up with this:

- Emotions are automatic, physiological responses to stimuli (the body's initial reaction)
- Feelings are the conscious awareness of experienced emotions together with further mental interpretations (further thoughts in an attempt to make sense of our emotional reaction)

Looking at that new list of words that you posted (in post 6)...and thinking about them (there's a lot of rabbit holes in these words 🤔).