

EMOTIONS



Occur as immediate reactions to stimuli.



Innate and universal, shared across cultures and species.



Typically short-lived, lasting seconds to a few minutes.



Can be measured objectively through physical responses.

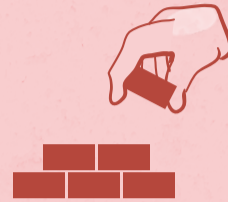


Elicit physiological responses, like changes in heart rate or facial expressions.



Generated in the subcortical areas of the brain, such as the amygdala.

FEELINGS



Develop over time as emotions are processed and understood.



Shaped by individual experiences, beliefs, and cultural context.



Can endure for hours, days, or even longer as they are reflected upon.



Often measured subjectively through self-report methods and introspection.



Involve a subjective experience, influenced by thoughts and memories.



Processed in the neocortical regions, reflecting cognitive appraisal.