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# FEELING

Feeling was originally used to describe the physical sensation of touch through either experience or perception. The word is also used to describe other experiences, [such](#) as a feeling of warmth and of sentience in general. In psychology, the term feeling is closely related to [emotion](#), and usually refers to the conscious subjective experience of emotions. The study of subjective experiences is referred to as phenomenology, whereas psychotherapy refers to a process whereby a therapist helps a client understand their own feelings and experiences. Feelings are also known as a state of consciousness.

## Sensations

Sensation occurs when sense organs collect various stimuli ([such](#) as a [sound](#) or smell) for transduction, meaning transformation into a form that can [be](#) understood by the nervous system.

### Exteroception

RECEPTORS	SENSATION	SENSE ORGAN
olfactory receptors	smell	<a href="#">nose</a>
gustatory receptors	taste	<a href="#">tongue</a>
photoreceptors	vision	<a href="#">eye</a>
audioreceptors	<a href="#">sound</a>	<a href="#">ear</a>
thermoreceptors	temperature	skin
proprioceptors	space sensation	joints
nociceptors	<a href="#">pain</a>	skin
mechanoreceptors	pressure	skin

### Interoception

Interoception is contemporarily defined as the sense of the internal state of the [body](#). This can [be](#) both conscious and non-conscious. It encompasses the [brain](#)'s process of integrating signals relayed from the [body](#) into specific sub-regions like the brainstem, thalamus, insula, somatosensory, and anterior cingulate cortex—allowing for a nuanced representation of the physiological state of the [body](#). This is important for maintaining homeostatic conditions[4] in the [body](#) and, potentially, facilitating self-awareness.

baroreceptors	stretch
chemoreceptors	chemicals
osmoreceptors	<a href="#">water</a>
magnetoreceptors	magnetic field
electroreceptors	electric field

### gut

A gut feeling, or gut reaction, is a visceral emotional reaction to something. It may [be](#) negative, [such](#)

as a feeling of uneasiness, or positive, **such** as a feeling of trust. Gut feelings are generally regarded as not modulated by conscious thought, but sometimes as a feature of intuition rather than rationality. The idea that emotions are experienced in the gut has a long historical legacy, and many nineteenth-century doctors considered the origins of mental illness to derive from the intestines.

The phrase gut feeling may also **be** used as a shorthand term for **an** individual's common sense perception of what is considered the right thing to **do**, **such** as helping **an** injured passerby, avoiding dark alleys and generally acting in accordance with instinctive feelings about a given situation. It can also refer to simple common knowledge phrases which are true no matter when said, **such** as **Water** is wet or **Fire** is hot, or to ideas that **an** individual intuitively regards as true (see truthiness for examples).

## heart

The **heart** has a collection of ganglia that is called the intrinsic cardiac nervous system

## Homeostasis

In biology, homeostasis is the state of steady internal, physical, and chemical conditions maintained by living systems. This is the condition of optimal functioning for the organism and includes many variables, **such** as **body** temperature and fluid **balance**, being kept within certain pre-set limits (homeostatic range). Other variables include the pH of extracellular fluid, the concentrations of sodium, potassium and calcium ions, as well as that of the blood sugar level, and these need to **be** regulated despite changes in the environment, diet, or level of activity. Each of these variables is controlled by one or more regulators or homeostatic mechanisms, which together maintain **life**.

- blood glucose
- blood ions
- blood pressure
- **body** temperature

## Perception

### feelings of uncertainty

The way that we see other people express their emotions or feelings determines how we respond. The way **an** individual responds to a situation is based on feeling rules. If **an** individual is uninformed about a situation the way they respond would **be** in a completely different demeanor than if they were informed about a situation. For example, if a tragic event had occurred and they had knowledge of it, their response would **be** sympathetic to that situation. If they had no knowledge of the situation, then their response may **be** indifference. A lack of knowledge or information about **an** event can shape the way **an** individual sees things and the way they respond.[8]

Timothy D. Wilson, a psychology professor, tested this theory of the feeling of uncertainty along with his colleague Yoav **Bar**-Anan, a social psychologist. Wilson and **Bar**-Ann found that the more uncertain or unclear **an** individual is about a situation, the more invested they are. Since **an** individual does not

know the background or the ending of a story they are constantly replaying **an** event in their **mind** which is causing them to have mixed feelings of happiness, sadness, excitement, and et cetera. If there is any difference between feelings and emotions, the feeling of uncertainty is less sure than the **emotion** of ambivalence: the former is precarious, the latter is not yet acted upon or decided upon.

## Feeling




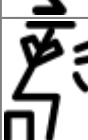
See:[medical disorder](#)







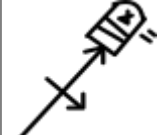




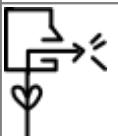



- Positive feeling :
  - I feel
  - I feel good
  - I feel nice
- Negative feeling :
  - I suffer
  - I sick with
  - I feel bad














### My ... hurts

- abdomen
- back
- chest
- [ear](#)
- head
- [pelvis](#)
- tooth
- rectum
- skin
- Extremities
  - [leg](#)
- Chronic [pain](#)

### I feel:

SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
asthenia		from ἀ- (a-, "not, un-") + σθένος (sthénos, "strength").	
Tired			
Weak			
malaise		from <a href="#">mal-</a> ("bad, badly") + aise ("ease")	

SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
fatigue		*fatis (weariness) + -igō, the latter a suffixal form of agō (“I do, act”).	
hunger			
Thirsty		Sanskrit तृष्णा (tṛṣṇā, “desire; thirst”), Sanskrit तृष्यति (tṛṣyati)	
SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
Dizzy			
Sleepy			
drowsiness		Gothic 𐌳𐌹𐌺𐌹𐌸𐌰 (driusan, “to fall; fall down”).	
SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
Black out			A temporary loss of consciousness.
SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
Chills			
Sick			
shivers			
Sweaty		Latin sudor, Sanskrit स्वेद (svéda),	
SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
Nauseated		from Ancient Greek ναυσία (nausía, “sea-sickness”), from ναῦς (naûs, “ship”).	
Vertigo		verticō, from vertex (“whirlwind, top”) + -ō, later reanalyzed as vertō (“to spin”)	
irritability			
Light-headed			
SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION

SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
itching			
Numbness			
palpitations		From palpitō (“throb, pulsate, palpitate”), frequentative of palpō (“touch softly, stroke, pat”)	
Paresthesia		From Ancient Greek παρά (pará, “beside, abnormal”) + αἴσθησις (aísthēsis, “sensation”).	
Tingling			A tingling sensation; pins and needles.
Pain			
SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
tinnitus		Perfect passive participle of tinniō (“ring, jingle, clink”).	
SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
confabulation		From fābula (“narrative, conversation”) + -or, from for (“speak, say”).	
confusion		From con- (“with, together”) + fundō (“pour”).	
illusion		from in- (“at, upon”) + lūdere (“to play, mock, trick”)	
SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
Satiety		From satis (“enough”) + -tās.	
SIGN	MANTRAKSHAR	ETYMOLOGY	DEFINITION
delusion		From dē- + lūdō. ( play)	
hallucination		Ancient Greek ἀλύω (alúō, “to wander in mind, to roam”),	

- Weak , asthenic , malaise , tired
- Sleepy , dizzy , insomnia , drowsy , hypersomnia
- Thirsty
- Nausea ,
- Vertigo , head rolls , irritability
- Tinnitus , auditory hallucinations
- Tingling sensation , paraesthesia ,tactile hallucinations , palpitations , itching

- Illusion , visual hallucination
- [mind](#) blank , black out , loss of consciousness , fall
- Chills , shiver , tremors
- satiety
- [pain](#)
- numbness
- Hunger
- obsession
- compulsion
- I felt like someone was following me , someone was trying to tell me something
- THOUGHT ALIENATION PHENOMENA
- THOUGHT INSERTION
- WITHDRAWAL
- BROADCASTING
- OBSESSION
- COMPULSION

## DISORDER OF CONTENT OF THOUGHT

- DELUSION
- Over valued ideas
- Magical thinking
- Phobia
- Pre occupation

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