

## FEELINGS

### Having feelings and showing feelings

There are millions of people using the Internet and most of them also have multimedia relationships. The Internet influences people consciously or unconsciously. Feelings are part of it. But why are we emotionally influenceable in the internet. Does the internet represent the everyday life? How can people be influenced in their everyday life and how can they be influenced online?

### Discussion plan: Feelings

- What is a feeling?
- What is the difference between feelings and emotions?
- How can we tell if it is a thought or a feeling?
- Can you think without feeling anything?
- Can you feel without thinking?
- Are feelings judgments?
- To what extent do social media have something to do with our emotional world?
- Can the Internet influence feelings?
- How can feelings on the Internet be influenced?
- Is it possible to feel for a person even though you have never met her/him personally?
- How can you recognize your feelings?

### Discuss the following quotes:

- "A feeling is a commitment that goes beyond the moment"  
*Simone de Beauvoir*
- "It is harder to hide the feelings we have than to feign the ones we do not have"

## *La Rochefoucauld*

### Literature

Emcke, Carolin: Gegen den Hass. Fischer 2016.

Pernlochner-Kügler, Christine: Körperscham und Ekel. Wesentlich menschliche Gefühle. Philosophie LIT 2004.

### Materials

Liebermann, Katrin: Ein unglaublich starkes Gefühl. Zehn Spiele die Kindern den Umgang mit Wut erleichtern. In: Wolfskids.de.

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Zusammenfassung über: Nussbaum, Emotionen als Urteil über Wert und Wichtigkeit.

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Therapiespiele über Gefühle.

<https://www.mvsv.de/store/Therapiespiele/Das-GefuehlsMix-Spiel.html>

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