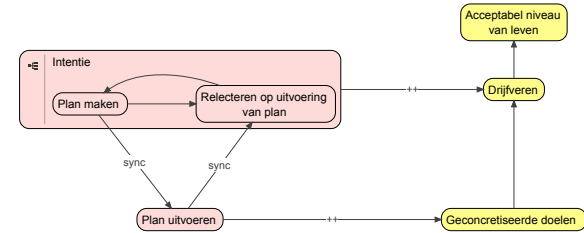
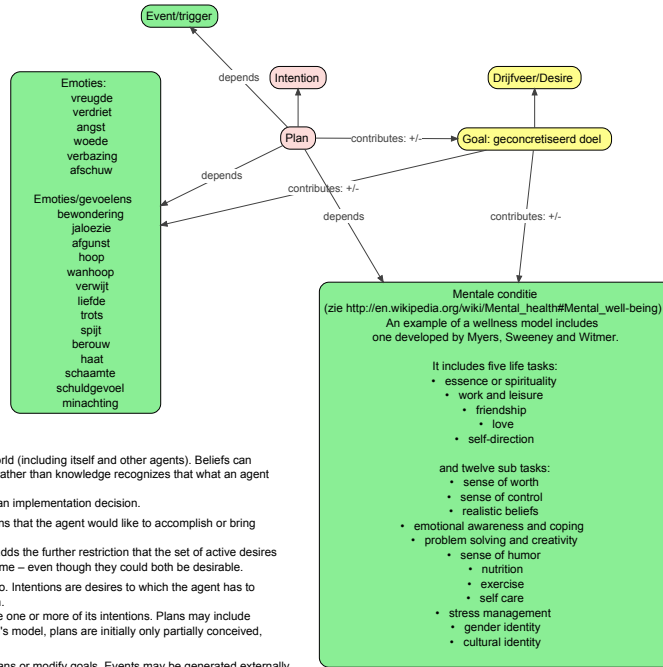


Verschil Emotie en Gevoel  
Emotie en Gevoelens. Hoewel dit niet eenduidig wordt beschreven, wordt er over het algemeen gesteld dat emotie niet hetzelfde is als gevoel.

- Emotie. Bij Emotie is er een psychologische/fysiologische prikkel die iemand aanzet tot actie (actielendens en actiebereidheid).
- Gevoel. Bij Gevoel is er meer sprake van een 'weten' van de toestand/het verschijnsel dat optreedt, hetgeen gereguleerd wordt door de hersenen.

Het verschil tussen Emotie en Gevoel wordt ook besproken in het artikel Emoties - wat zijn het? Het verschil dat in dit artikel uitgebreid besproken wordt, hier nog even globaal geformuleerd, er is sprake van:

- emotie : wanneer er noodzaak is tot actie(bereidheid); dit heeft ook voorrang (urgentie)
- gevoel : wanneer de situatie niet dringend genoeg is om een actieverandering teweeg te brengen



**BDI model:**

- Beliefs: Beliefs represent the informational state of the agent, in other words its beliefs about the world (including itself and other agents). Beliefs can also include inference rules, allowing forward chaining to lead to new beliefs. Using the term belief rather than knowledge recognizes that what an agent believes may not necessarily be true (and in fact may change in the future).
- Beliefs: Beliefs are stored in database (sometimes called a belief base or a belief set), although that is an implementation decision.
- Desires: Desires represent the motivational state of the agent. They represent objectives or situations that the agent would like to accomplish or bring about. Examples of desires might be: find the best price, go to the party or become rich.
- Goals: A goal is a desire that has been adopted for active pursuit by the agent. Usage of the term goals adds the further restriction that the set of active desires must be consistent. For example, one should not have concurrent goals to go to a party and to stay at home – even though they could both be desirable.
- Intentions: Intentions represent the deliberative state of the agent – what the agent has chosen to do. Intentions are desires to which the agent has to some extent committed. In implemented systems, this means the agent has begun executing a plan.
- Plans: Plans are sequences of actions (recipes or knowledge areas) that an agent can perform to achieve one or more of its intentions. Plans may include other plans: my plan to go for a drive may include a plan to find my car keys. This reflects that in Bratman's model, plans are initially only partially conceived, with details being filled in as they progress.
- Events: These are triggers for reactive activity by the agent. An event may update beliefs, trigger plans or modify goals. Events may be generated externally and received by sensors or integrated systems. Additionally, events may be generated internally to trigger decoupled updates or plans of activity.

Factors of the 5F-Wel, see: <http://wellness-research.org/wellness/docs/assessment.html>

**Creative Self**

Thinking . Being mentally active, open-minded; the ability to be creative and experimental; having a sense of curiosity; ability to apply problem-solving strategies to social conflicts.

Emotions . Being aware of or in touch with one's feelings; ability to express appropriately positive and negative feelings.

Control . Beliefs about your competence, confidence, and personal mastery; beliefs that you can usually achieve the goals you set out for yourself.

Work . Satisfaction with one's work; feeling that one's skills are used appropriately; feeling one can manage one's workload; feeling appreciated in the work one does.

Positive Humor . Being able to laugh at one's own mistakes; the ability to use humor to accomplish even serious tasks.

**Coping Self**

Leisure . Satisfaction with one's time spent in leisure; feeling that one's skills are used appropriately.

Stress Management . On-going self-assessment of one's coping resources; ability to organize/manage resources such as time, energy, setting limits.

Self-Worth . Accepting who and what one is, positive qualities along with imperfections; a sense of being genuine within oneself and with others.

Realistic Beliefs . Ability to process information and perceive reality accurately; absence of persistent irrational beliefs and thoughts and need for perfection.

**Social Self**

Friendship . Social relationships that involve a connection with others individually or in community, but which do not have a marital, sexual, or familial commitment; having a capacity to trust others; having empathy for others; feeling understood by others.

Love . The ability to be intimate, trusting, self-disclosing with another; the ability to give as well as express affection with significant others and to accept others without conditions.

**Essential Self**

Spirituality . Personal beliefs and behaviors practiced as part of the recognition that we are more than the material aspects of mind and body; belief in a higher power; hope and optimism; practice of worship, prayer, and/or meditation; purpose in life; compassion for others; moral values; and transcendence (a sense of oneness with the universe).

Gender Identity . Satisfaction with and feeling supported in one's gender; ability to be androgynous.

Cultural Identity . Satisfaction with and feeling supported in one's cultural identity; cultural assimilation.

Self-Care . Taking responsibility for one's wellness through self-care and safety habits that are preventive in nature.

**Physical Self**

Nutrition . Eating a nutritionally balanced diet; maintaining a normal weight (within 15% of the ideal).

Exercise . Engaging in sufficient physical activity through exercise or in one's work to keep in good physical condition.

**Total Wellness**

General level of well being; composite score comprised of all items on the 5F-Wel.

Special Scales(Experimental)

Perceived Safety . The extent to which you believe you are safe in your home, neighborhood, and community, and the extent to which you feel safe from harm by terrorists.

Context . The extent to which your wellness is influenced, in a conscious manner, by individual, institutional, and global contexts, and the extent to which you are aware of and intentional in responding positively to changes in wellness over time.