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[\[PDF \(367K\)\]](#) [\[References\]](#)**Irrational Belief and Feelings Experience Style: Development of Feelings Experience Scale**[Kaoru Nakata](#)¹⁾

1) Shizuoka University of Welfare

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The purpose of this study was to examine the relationship between irrational belief and style of feelings experience as aspects of personality. In this study, we looked at the quality of emotional experiences and defined someone who had rich and full emotional experiences as high on feelings experience style. Our hypothesis was: The higher the tendency to have irrational beliefs, the lower the feelings experience style. In a preliminary study with 97 undergraduates, a scale of full feelings experience style was developed. Through factor analysis, Feelings Experience Scale (FES) was found to have three factors: Control, Respect, and Superiority of feelings. We then investigated the relationship between the tendency to have irrational beliefs and FES with 126 undergraduates. The correlation coefficient between irrational belief scale and FES was negative and statistically significant, although the correlation was not very strong. Specifically, those who were high on self-denying irrational beliefs were low on Control of feelings. Finally, we discussed the importance and implications of feelings experience style, distinguishing those who did not get involved in or suppressed their own feelings and those who fully experienced and embraced them.

Keywords: [irrational belief](#), [feelings experience style](#), [Feelings Experience Scale](#)[\[PDF \(367K\)\]](#) [\[References\]](#)Download Meta of Article[\[Help\]](#)[RIS](#)

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