

In general, the differences are fairly straightforward. Paul Ekman in his accessible book 'Emotions Revealed', says that moods are generally emotional feelings. Emotions are likely to be sharper than moods, and also more varied; while we can have a great range of exquisitely different emotions, we tend to have moods which are more generalised -- a good mood, a bad mood. When we have these moody periods, they often feel like stages that we are going through and they are hard to shift. They can last for an extended period of time, say at least one or two days. Emotions come and go quickly In contrast, .emotions are things that tend to come and go quite quickly