



# Share your IFET

## Impression:

An idea, sensation, or opinion about something or someone, especially one formed without conscious thought and on the basis of little evidence.

## Feelings:

An emotional state or reaction, often derived from one's circumstances, mood, relationships and/or lived experience/s.

## Experience:

Something personally encountered, undergone, or lived through (past or present). The conscious events that make up an individual life. The events that make up the conscious past of a community.

## Thought:

An idea or opinion produced by thinking, or occurring suddenly or presently in the mind.