

# Thermal Energy vs. Heat

Heat is a process (verb) and not a substance (noun). It is not an energy type.

An object **cannot** have heat or gain/lose heat.

An object **can** have thermal/internal energy and gain/lose thermal energy.

# Thermal Energy vs. Heat

For objects in thermal contact, **heat** is the **process** of thermal energy transfer due to a temperature difference.

The heat process continues until the objects reach thermal equilibrium, *i.e.*, all at the same temperature (no temperature difference).

