

9 CORE EMOTIONS EXERCISE

Directions: Share from your day/week your experience with the following emotions. Each person listens without commenting (or fixing) but can express acknowledgment. then the other does the same. It may be easier to share experiences **not** about your spouse, in order to create safety particularly in the beginning.

Purposes: to help with connecting emotionally; to help develop a safe environment for communicating more deeply; to help get in touch with emotions that may otherwise get overlooked; to help develop emotional intelligence; to help with expressing emotion (both positive and negative).

1. Anger/Frustration
2. Fear/Worry
3. Guilt/Shame/Ashamed
4. Joy/Happiness
5. Loneliness
6. Love
7. Sadness
8. Pain/Hurt (physical, mental or emotional)
9. Passion/Enthusiasm/Excitement

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