

# Core Emotion Wheel Exercise



Go through each emotion and name the most recent time you felt that emotion.

If you can't think of a recent time, think of a BIG time.

If you can't think of a BIG time make something up.

Do this exercise daily.

The goal is to become familiar with how these core emotions feel in your body, so when they arise, you can recognize, name, and process them in real time—before they build up.

As often as you can share this with a safe person, the better for your brain. If you don't have someone currently to share with, I encourage you to say it out loud to yourself or write it down.

# Use with another person

If surface-level conversations leave you feeling disconnected, this tool will help you go deeper—fast.

No more vague responses or second-guessing what's really going on. This simple exercise creates space for honest, meaningful conversations that strengthen connection in your most important relationships.

When used correctly, it fosters emotional safety, making it easier for partners, kids, and loved ones to express what they're truly feeling—leading to better communication, fewer conflicts, and deeper bonds.



## Follow these guidelines

- Spend only 2 minutes per person.
- Go through each emotion as described on the page above.
- When the other person shares- do not speak. Only offer a verbal cue that you are listening. We call it an “Oooo.”
- Make eye contact as much as possible. Compassionate touch is also helpful if it feels safe.
- This is the time to get curious and not defend or fix. This is where we learn what someone else is experiencing & create safety.