



THE GUIDE TO HUMAN CONNECTION

THE CORE EMOTION WHEEL

a daily practice for the connection you crave



CONNECTIONCODES.CO

The eight core emotions

All eight fire in every human on the planet. This is brain chemistry — not weakness, not immaturity, not a spiritual problem. Every one carries a message and asks for something.

You are not responsible for your emotion.

You are responsible for the next action.

● JOY

"That feels good."

Need pleasure to thrive.

● ANGER

"Power up to take action!"

Need situation to change.

● SHAME

"Lesser version of myself."

Need to do better, if possible.

● GUILT

"I missed something."

Need to change behavior or expectation.

● FEAR

"Danger — beware!"

Need to pay attention & prepare.

● LONELY

"I feel unsupported."

Need connection.

● SAD

"Something is missing or broken."

Need comfort or change.

● HURT

"There's harm or damage!"

Need to eliminate pain source immediately.

How to do it

ON YOUR OWN

- 01 Go through each emotion and name the most recent time you felt it.
- 02 If you can't think of a recent time, think of a BIG time.
- 03 If you can't think of a BIG time, make something up.

Do this daily. The goal is to know how each emotion feels in your body, so you can name it and process it in real time — before it builds up.

WITH ANOTHER PERSON

- Two minutes each. One person shares, the other stays with them.
- Go through each emotion the same way you would on your own.
- When the other person shares — do not speak. Offer only a verbal cue that you are listening. We call it an “Oooo.”
- Make eye contact. Compassionate touch helps too, if it feels safe.
- Get curious. Do not defend, and do not fix.

You are not there to solve anything.

You are there so they are not alone in it.

An emotion that meets presence instead of defensiveness settles in about nineteen seconds. Your steadiness is what lets theirs come back.



WATCH IT TAUGHT

*What the Core Emotion Wheel is,
and how to do it*

with Dr Glenn & Phyllis Hill · [click to watch](#)

