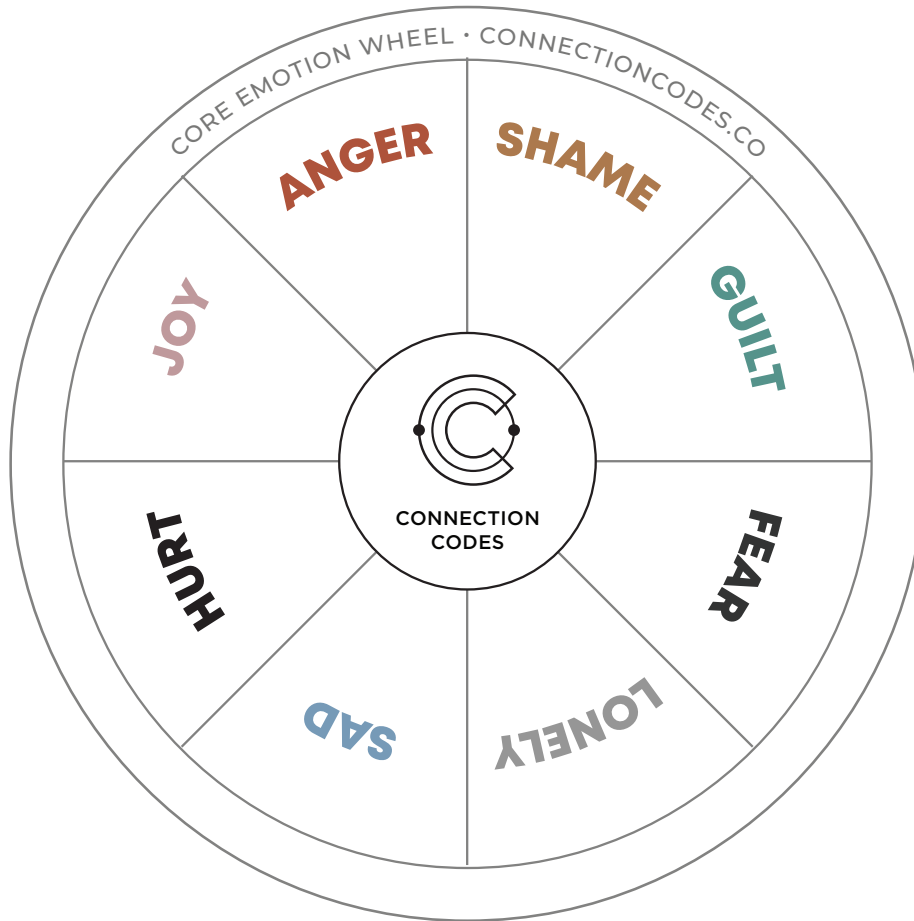




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The Core Emotion Wheel Experience Instructions

Place the Core Emotion Wheel (CEW) where each can see it, but do not hold it.

Speak directly to one other, maintaining eye contact as much as possible.

With one or two sentences, convey a recent experience involving a core emotion. If nothing recent comes to mind, share the last time that emotion happened. If not the last time, then share a 'big' time, perhaps something from childhood.

If you are the listener, respond only with a version of "Oooo."
The more authentic the sharing, the better.

However, any sharing, even if it is inaccurate, needs only an Oooo in response.

After one shares all eight core emotions (don't forget Joy), reverse roles and repeat.

The CEW experience takes 4 minutes or less. (8 emotions X 15 seconds each X 2 people = 4 minutes.)

The goal is to retrain your brain to share core emotions proficiently.