

THE 9 CORE EMOTIONS EXERCISE

Share from your day/week (or regarding a particular issue) your experience with the following emotions. Each person will listen without comment, then the other spouse does the same. This exercise helps people get in touch with emotions that may otherwise get stuffed, which feeds addiction. This exercise also helps individuals practice expressing emotion (positive and negative), and can help people connect emotionally.

1. Anger
2. Fear
3. Guilt/Shame/Ashamed
4. Joy
5. Loneliness
6. Love
7. Sadness
8. Pain
9. Passion/Enthusiasm