



CONNECTION CODES

Regulate your
emotions to connect

in just 4 minutes



About the author

It wasn't that I didn't know I was sad. I just didn't know how to share it. But truthfully, I was more than sad. I was lonely, hurt and filled with shame and fear. This all overlapped so I just knew I was anxious and overwhelmed.

This all shifted when I found the Connection Codes.

The moment I tried the Core Emotion Wheel for the first time, it was like feeling a release. My husband and I looked at each other shocked by the words coming out of our mouth. We knew the feelings were there, but this was our first time ever communicating it so simply.

Now, 4 years later, I am the CEO and Podcast host of the Connection Codes. I am helping our founders get this message out of their therapy practice and into the world.

You can find the energy, confidence, and connection that you desire. You can reach your goals while deeply connecting with those who matter to you most.

And I am going to show you the tool to make it possible.

Tera Wages

Let's start here!

You are about to learn a simple tool for regulating your emotions. It is so simple I use it with my 5 year old... but it isn't always easy. The goal is for you to relearn the emotions firing in your brain. You knew them once, but they got lost along the way.



What you need to do first

Understand these principles:

- Emotions happen to you. You don't choose to feel what you feel. But you DO get to choose what you do next.
- Emotions and behavior are two different things. Emotions are what you experience and behavior is how you act on it. We often avoid emotions because we don't want to be seen as "emotional" but they are separate.
- Emotions are not positive or negative... they just are. They are there as your guide. Recognizing them allows you to either learn from them or process them- helping you reduce pain and experience more joy.

The Core Emotion Wheel

The Core Emotion Wheel is made of 8 Core Emotions that are found in our brain:

- Anger
- Shame
- Guilt
- Fear
- Lonely
- Sad
- Hurt
- Joy



These emotions fire each day and often we don't recognize when they fire. This can create emotional flooding or emotional dams that lead to disconnection, conflict, health issues, anxiety, and depression.

When we can access these emotions and process them, we are able to bring clarity to our brain, calm our nervous system, and communicate with effectively.

Instructions



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 practice each day. The goal is to familiarize yourself with what these emotions feel like in your body, so when you feel them, you are able to name it and process it in the moment.

No more storing your emotions and becoming dysregulated.

AND reduce blow-ups because you are keeping your brain clear of emotional flooding.

Use with your spouse & kids

If you are tired of asking, “How was your day?”

And the response is “It was fine.”

This is the tool to help you get to the core quickly. No more dancing around topics or second-guessing.

Using this tool with my husband and kids has opened up a whole new way of communication.

My 9-year-old tells me when he feels guilt.

My 10 year old who was (previously diagnosed with an anxiety disorder) can now share when she feels fear... and her stomach pains are a thing of the past 🙌

My husband now shares his hurt instead of us fighting for days. When used correctly, this tool facilitates safety and connection.



- 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.”
- This is the time to get curious and not defend or fix. This is where we learn what someone else is experiencing & create safety.



Dive Deeper

Watch Dr Glenn & Phyllis share how to do the Core Emotion Wheel with your partner.

OR watch me share how to do it with yourself and dive into it's benefits so you can reach your goals.

[CLICK HERE TO WATCH](#)

It really is worth the try...

These tools have changed my life

1y ago

★★★★★

Lishanwy

These tools have changed my life and it is transforming my marriage. If you apply these tools I can promise it will for you too. Thank you connection codes team, I'm forever grateful.

Effective approach and tools

Feb 1, 2024

★★★★★

parisv33

For almost 14 years, my wife and I have struggled with connection and within two sessions of doing the core emotions wheel it feels like we are as connected as when we first started dating. We are looking forward to deeper connection than we have ever experienced before! We thank God for giving Glen and Phyllis great wisdom in putting the connection codes together to help us navigate true lasting connection in all our relationships! May God richly Bless your ministry to the literal world!

Game changer!

1y ago

★★★★★

jinhill

I'm so thankful for the Connection Codes tools and for this podcast. I used to say that there were just some things I couldn't tell my husband about what I was thinking or feeling because he would think I was crazy. I thought I had to just work through everything on my own or with a friend and then just give him the highlights if anything at all. Now that we both use the Connection Codes tools, I can be open and authentic with him and it has brought so much more connection and intimacy into our marriage. And has helped us work through our kids' conflict as well. Absolute game changer for our family.



Dawn Inggall

Life before finding Connection Codes felt lonely and sad. My husband and I really struggled to connect with each other and understand where each other were coming from. We would argue for hours and be exhausted. With 3 young children this was really taking its toll. Now we have shorter arguments, we have language and tools to describe how we are feeling and we are understanding ourselves and each other better. This has been SO helpful and something we're managing to stick at compared to other marriage resources we've tried. When I feel unsure about what to do in a disconnected moment we find ourselves in, I choose to listen to the Connection Codes podcast and hearing the advice and knowing that there are people who are there who understand us and are there to support us really shifts my perspective in the moment and helps me regulate and reach out to my husband for connection. I LOVE that it is a free tool and I've recommended it to so many people. Thank you so much for pioneering this healthy and safe work. I am a HUGE fan!



Jeanie Hosken

I am so thankful that Connection Codes taught me the importance of processing my emotions and reminded me that my emotions aren't wrong—they just are! I have been a "feeler" from way back, but I never had the language to express them in a healthy and life-giving way. Connection Codes tools have helped my husband and me grow closer through our ability to share and process our emotions with each other. (He is a Connection Coder, too.) Because we have benefited tremendously from Connection Codes, we are now training to be CC coaches. It's really that good!