

Emotion Word Game Worksheet

Purpose: To enhance emotional vocabulary, increase awareness of subtle feelings, and foster deeper communication between partners.

Materials

- A list of emotion words (provided below, or you can create your own)
- Pens/pencils
- Timer (optional)

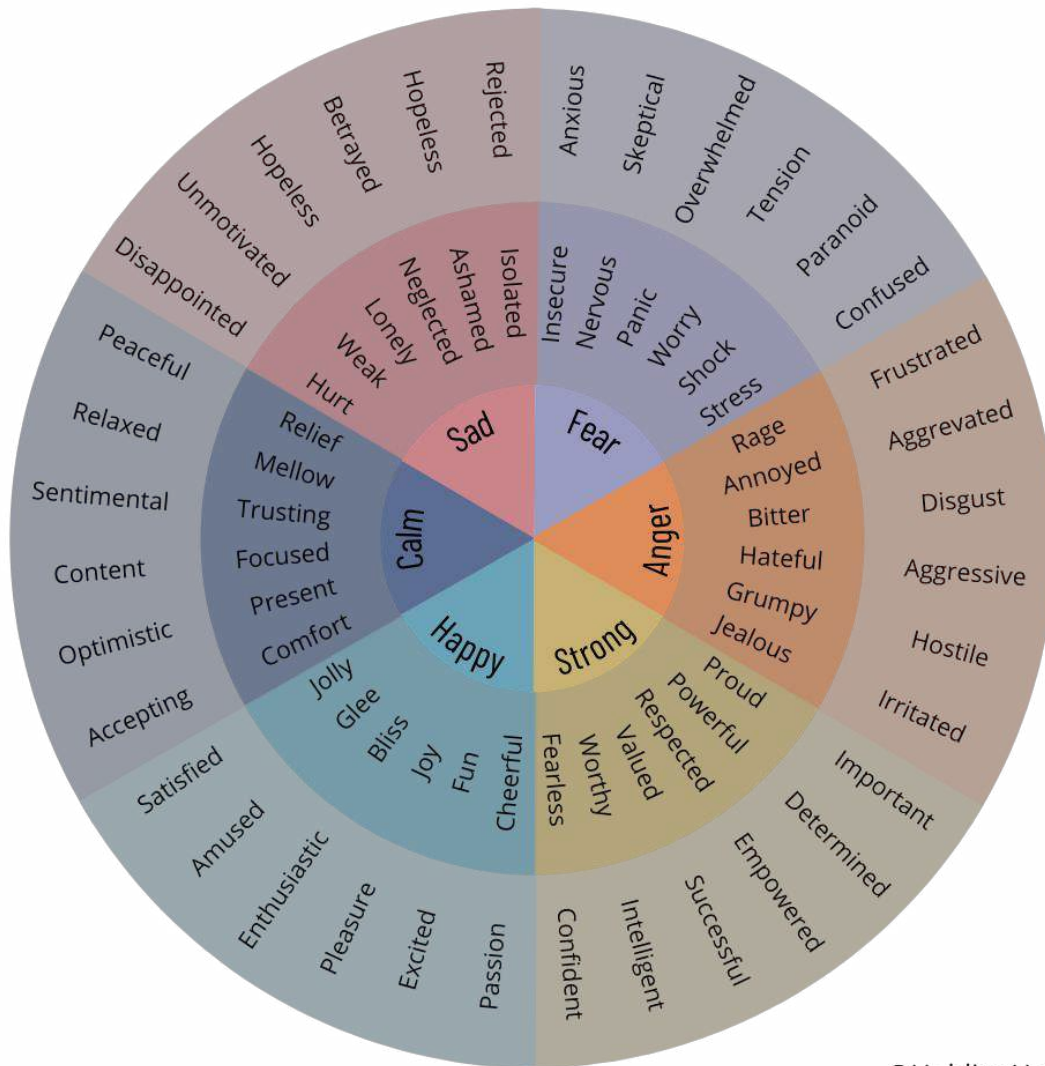
Instructions

1. Review the list of emotion / feeling words on the **Emotions Wheel** (see below).
2. Each partner takes 5-10 minutes alone to review the **Emotions Wheel**.
 - For each word, consider: Do I experience this? If so, when was the last time, and what was the situation?
 - Circle or write down the words that resonate strongly.
3. Take Turns Playing
 - **Round 1:** One partner is the "Describer." Pick a word you circled, but don't reveal it. Describe a situation where you strongly felt this emotion and how it manifested in your body.
 - **The "Guesser":** Listen carefully and try to guess the emotion. Use the Emotions Wheel for reference if needed.
 - **Switch roles** and repeat!
4. After a few rounds of the game, discuss the words that resonated most for each of you.
 - **Tip:** Ask questions to better understand your partner's experiences in the situation they described.

Important Notes for Couples:

- **Non-judgment:** This exercise is about exploration, not criticism.
- **Respect:** Listen attentively without interrupting.
- **Go Deeper:** Use this as a starting point. Discuss what these emotions mean in the context of your unique bond.
- **Safety:** If sensitive topics arise, be mindful of each other's comfort levels. You can return to discussing them later if needed.

The Emotions Wheel



@HoldingHopeMFT

Reference:

Aron, A., Melinat, E., Aron, E. N., Vallone, R. D., & Bator, R. J. (1997). The Experimental Generation of Interpersonal Closeness: A procedure and some preliminary findings. *Personality and Social Psychology Bulletin*, 23(4), 363–377. <https://doi.org/10.1177/0146167297234003>