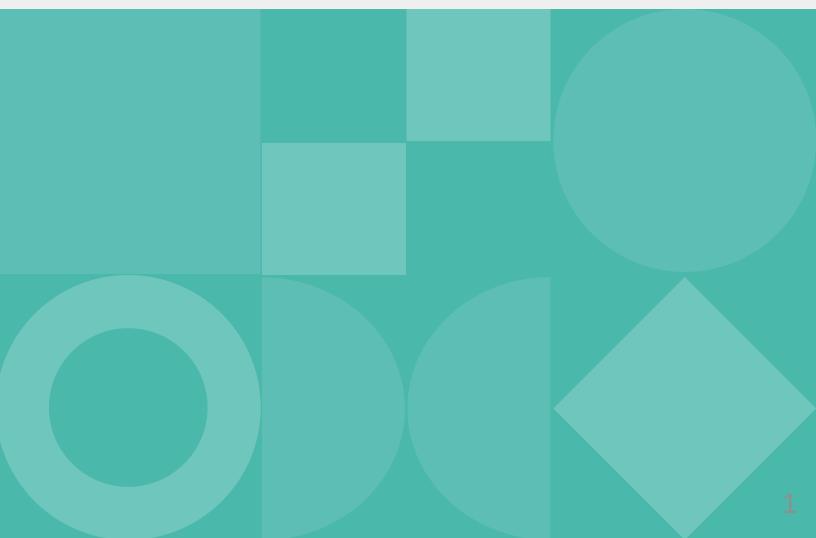


Certificate Course in Emotional Triad Awareness and Regulation



COURSE FRAMEWORK

DURATION: 10 HOURS / WEEKLY SESSION / 2HOURS EACH SESSION

DELIVERY: CLASSROOM / ONLINE VIA ZOOM

METHOD: REFLECTIVE DIALOGUE, EMOTIONAL MAPPING, GUIDED JOURNALLING AND GROUP DISCUSSION.

COURSE FEES: RS.2000 + GST

CONTACT: 7204308070

REGISTER: WWW.THESELFACADEMY.IN

COURSE OBJECTIVES

- 1. Understand the emotional triad of ANGER, SHAME, FEAR and how they mask one another.
- 2. Recognize the neurobiological psychological and interpersonal roots of these emotions.
- 3. Identify personal triggers and patterns of emotional avoidance or overexpression.
- 4.Learn constructive regulation tools to transform reactivity into reflection.
- 5. Build emotional resilience and relational safety in personal and professional life.

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COURSE MODULES

MODULE 1: UNDERSTANDING THE EMOTIONAL TRIAD

- The anatomy of emotion survival functions of anger shame and fear.
- The emotional cycle of protection and pain.
- · How emotions hide within one another.

MODULE 2: ANGER - THE BOUNDARY GUARDIAN

- Constructive vs Destructive Anger
- · Anger as communication of unmet needs or violated values
- Somatic cues

MODULE 3: SHAME THE REGULATOR

- The psychology of shame
- Shame driven behavior and emotional disconnection
- Shame repair and shame attack

MODULE 4: FEAR - THE ROOT OF SURVIVAL AND GROWTH

- Understanding fear
- Control, Avoidance and Anxiety
- Exposure vs Safety

MODULE 5: INTEGRATION

- Racket feeling and unconscious loops
- Relationship Dynamics
- From reaction to regulation



ANGER. FEAR. SHAME

Anger often hides fear Fear often hides shame Shame often hides anger.

Addressing the Constructive and Destructive Power of These Emotions

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