



THE SELF ACADEMY
Cultivating Emotional Strength

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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