

SESSION 2 — Understanding Emotions: The Science Behind Feelings

 Duration: 12–14 Hours

Concepts Covered

- Psychology of emotions
- Emotion triggers
- Cognitive vs Emotional brain
- How thoughts create emotional states
- The “Emotional Loop”: Trigger → Thought → Emotion → Action

Hands-On Activities

- **Trigger mapping worksheet**
- **Guided reflective meditation**
- **Emotion-pattern recognition practice**
- **Real-life scenario breakdown**

Outcomes

- Identify emotional triggers
- Understand how emotions influence behaviour