

Anger Iceberg

Icebergs are giant floating pieces of ice found in the coldest parts of the ocean.

What you can see from above is just a tiny part. Most of the iceberg is hidden under the surface.



Anger

embarrassed envious grief
shame frustrated tricked worried
distrustful depressed stressed disgusted
attacked grumpy rejected helpless
guilt unsure trapped nervous anxious
disrespected annoyed grumpy
unsure lonely offended insecure
sadness trauma disappointed fear
uncomfortable hurt
overwhelmed regret



When we are angry, there are often other emotions under the surface.

My Anger Iceberg

Our emotions affect our thoughts, behaviors and the sensations we feel in our bodies. What changes do you notice?



Anger



What's under your anger?

