Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works.

Often when we are angry,
there are other emotions
hidden under the surface.

Angry

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