

Anger Iceberg

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

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

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.



Mad
Enraged
 Boiling or exploding
Outraged
Angry
 Vengeful
Furious
 Inflamed, hot or fuming
Tricked
Fearful
 Vulnerable
Nervous
 Depressed
Disgusted
 Disrespected
Scared
 Rejected
Sad
Trauma
Shame
 Envious
 Overwhelmed
Offended
 Disappointed
 Uncomfortable
Sad
Worried
Frustrated
Helpless
 Jealous
Worried
Hurt
Anxious
Insecure
Guilt
Grief
Lonely
What do you feel?

Anger, Straight Ahead!
 Watch Out!
 Let's go deeper!