

ANGER ICEBERG

WHAT'S UNDER THE SURFACE?

Sometimes anger is like the tip of an iceberg--the only part we can see.

Under the surface, there are often other feelings going on too.

**TIP OF THE
ICEBERG**

How is anger being shown?

(yelling, stomping,
hitting, throwing,
shutting down)

Anger

**BENEATH THE
SURFACE**

Sad

Frustrated

Disappointed

Worried or scared

Hurt

Grief (loss, change)

Left out

Confused

Lonely

Overwhelmed

Tired

Circle or write in one
or more feelings that
might be underneath
the surface.