

Anger Iceberg

Sometimes when we are angry, there are 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.

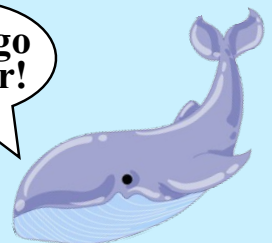
Angry

Anger,
Straight
Ahead!

Watch
Out!



Let's go
deeper!



Embarrassed Annoyed
Offended Disgusted
Attacked Rejected
Scared
Pressured Shame
Overwhelmed Guilt Alone
Grumpy Unsure
Grief Distrustful
Angry Nervous
Hurt Tired Trapped
Jealous Tricked Sad
Regret Uncomfortable Frustrated
Worried Name another feeling