

The Anger Iceberg

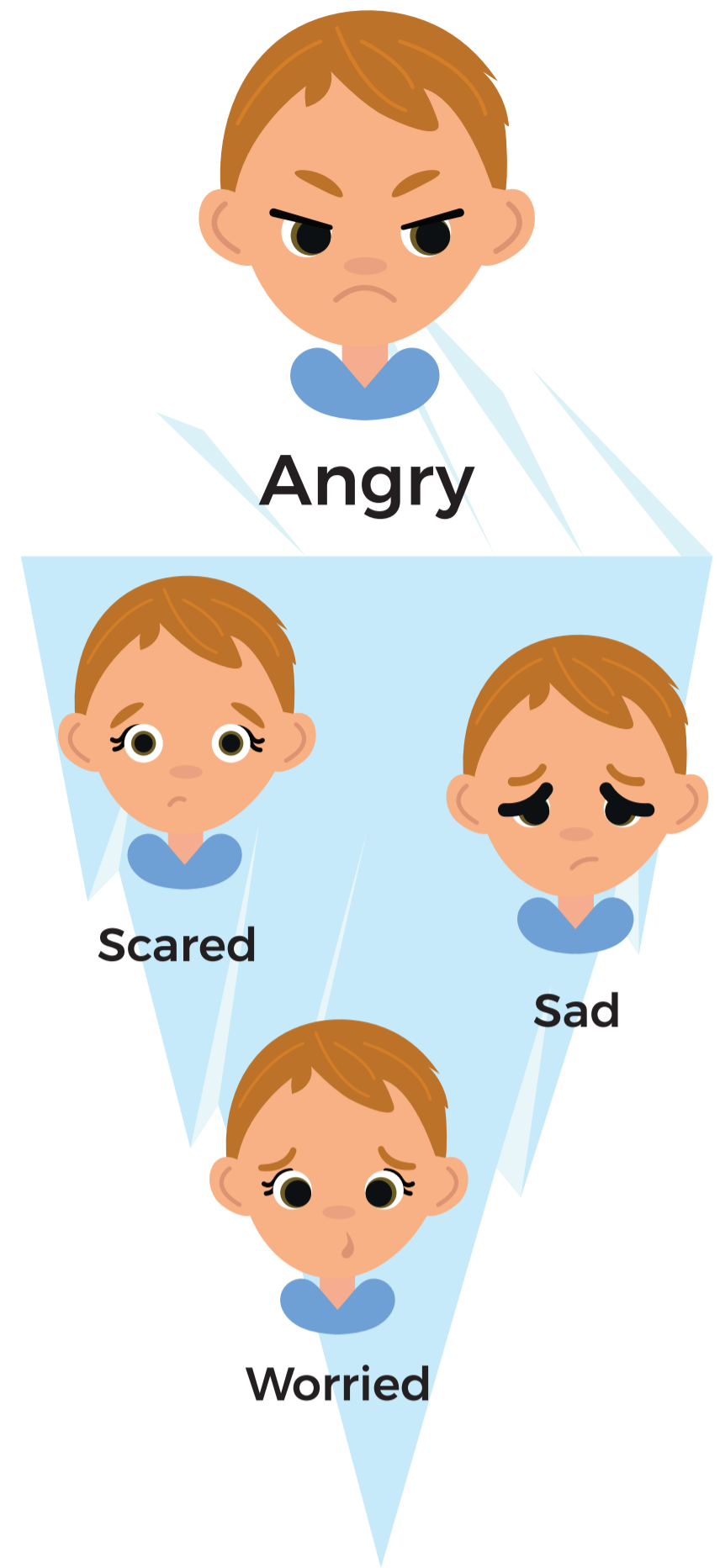
Sometimes anger is the feeling we show on the outside, but there can be other feelings hiding underneath.

Think of an iceberg. The small part above the water is easy to see, but most of the iceberg is hidden below the surface.

Anger can be like that too. When we feel angry, there may also be other feelings underneath, such as:

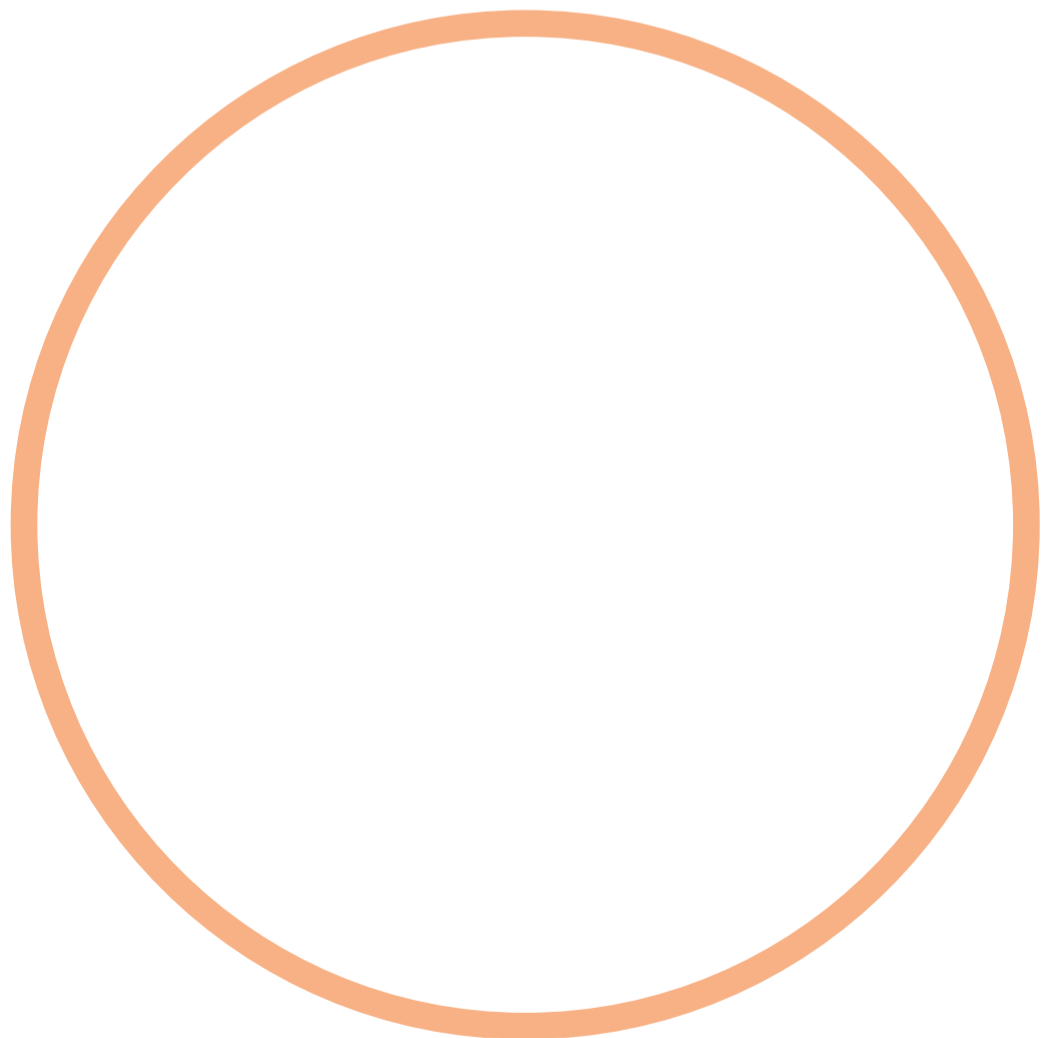
- Fear
- Sadness
- Worry
- Embarrassment
- Loneliness
- Disappointment
- Feeling left out
- Feeling misunderstood

Understanding these hidden feelings can help you understand your anger and respond in a healthier way.



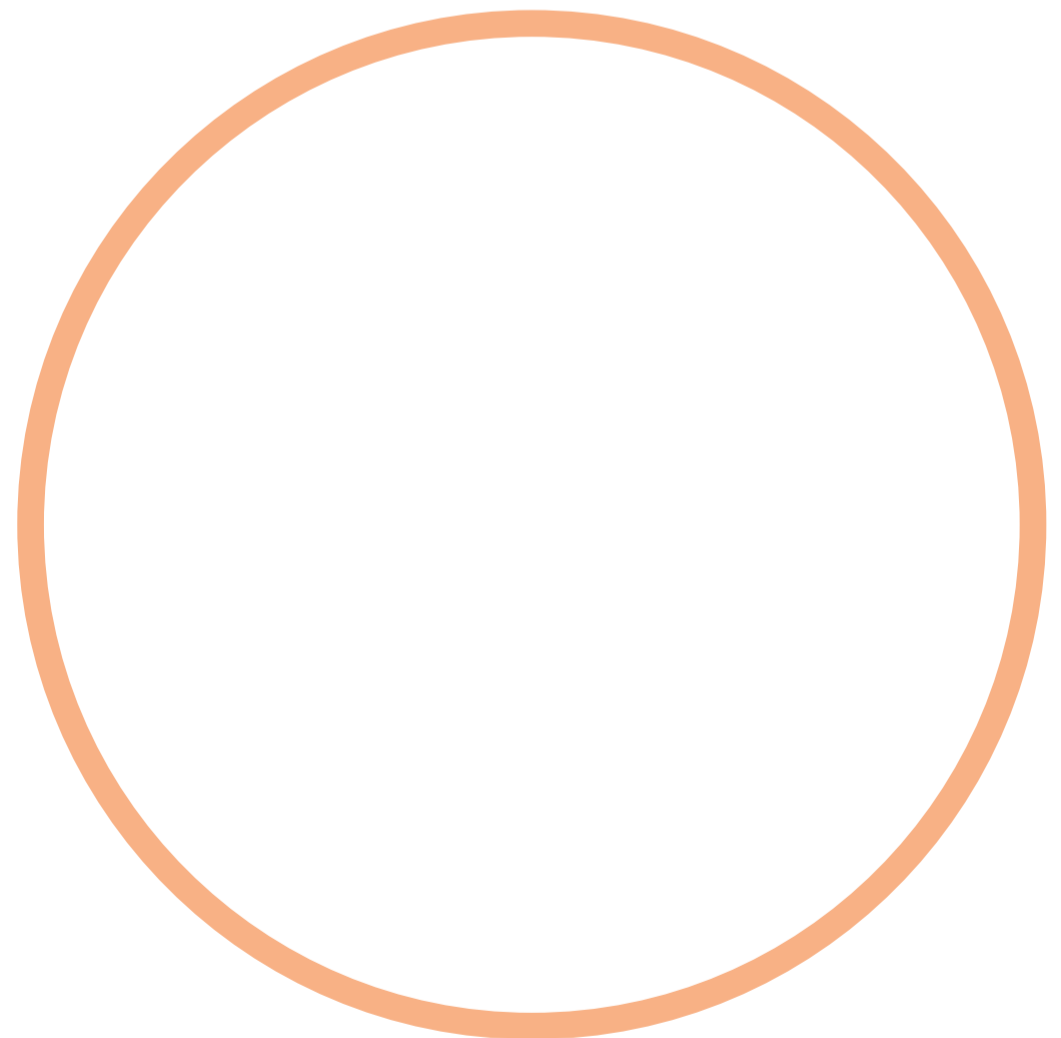
Let's Explore Your Anger

What I showed



Draw a face showing how your anger looked on the outside

What I felt



Draw or write the emotions that were hiding underneath

What happened that made me feel this way?

Describe what happened.

What was I hoping for?

Was I hoping for kindness, fairness, help, understanding, friendship, attention, or support?

What do I need right now?

What would help me feel better or safer?

How can I share my feelings in a kind and respectful way?

What could I say to let someone know how I feel?

One small step I could take next

What is one helpful thing I could do today?