

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.

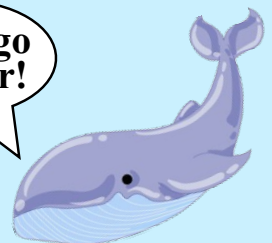
Angry

Anger, Straight Ahead!

Watch Out!



Let's go deeper!



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