



# Anger: The Tip of the Iceberg

Imagine you are a passenger on a cruise to Alaska. You see a giant iceberg that seems to be floating in the water. You may not realize that what you see above the surface of the water is only the very tip of the iceberg. Most of the iceberg is underneath the water's surface.

Anger is like the tip of the iceberg. People might see only the anger, without realizing that beneath the surface, there is much more to a person's emotions than anger.

Imagine the iceberg below represents your emotions. The tip of the iceberg is your anger. Below the water's surface, write all of the emotions that have been beneath the surface of your anger in the past.

**Below, practice recognizing the emotions under the surface of your anger:**

A time when I expressed anger: \_\_\_\_\_  
 The emotions below the surface: \_\_\_\_\_

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 The emotions below the surface: \_\_\_\_\_

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 The emotions below the surface: \_\_\_\_\_