

# Anger Iceberg

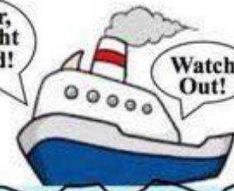
Sometimes when we are angry, there are other emotions under the surface

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.

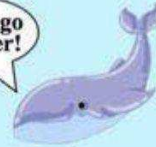
Angry

Anger, Straight Ahead!

Watch Out!



Let's go deeper!



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