

Anger Iceberg Worksheet

The Anger Iceberg is the idea that anger is often just the visible part of a deeper emotional experience.

The iceberg analogy suggests that anger is like the tip of the iceberg, while other emotions and underlying factors lie beneath the surface.

Use the drawing below:

1. Above the waterline (the tip of the iceberg), "Anger", represent the visible emotion that you experience.
2. Below the waterline (the larger portion of the iceberg), try to list the underlying emotions, thoughts, and beliefs that contribute to your anger. These could include feelings like frustration, fear, hurt, sadness, or disappointment.

Reflect on specific situations or triggers that elicit anger. Consider what thoughts or beliefs you hold about those situations or triggers. For example, if someone cuts you off in traffic, you might feel anger, but the underlying thoughts or beliefs may be related to feeling disrespected or violated.

3. Fill in the iceberg with the identified emotions, thoughts, and beliefs that contribute to your anger. Be honest and open during this process, as it helps to increase self-awareness and understanding.



