



# Anger Iceberg

- 1 Anger often acts as a visible “tip” of the iceberg, while other emotions can lie “underwater,” driving the reaction.
- 2 This worksheet can help you track bottled-up emotions that tend to resurface in certain situations. Noticing them is a vital step toward emotional resilience.
- 3 People, places, things, situations — anything can cause anger. By thoroughly analyzing your feelings, you can understand what lies beneath much faster.
- 4 Once you recognize your hidden emotions, you can explore nurturing and supportive ways to process them.



Do you want to meet your real emotions? Use this picture and answer further simple questions to find out what's happening inside.



## 1. Surface-Level

1. What causes your anger in this situation?

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2. How did you express your anger (e.g., yelling, silent treatment, physical actions)?

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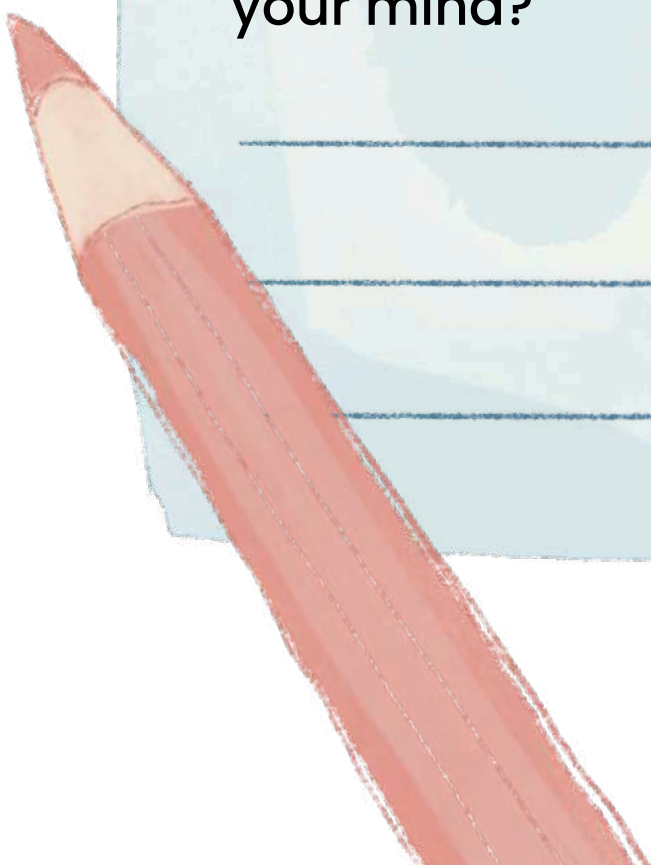
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3. What thoughts ran and are still running through your mind?

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## 2. Your Reactions

1. How did your body feel when you were angry (e.g., tense, hot, shaky)?

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2. What immediate actions did you take?

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3. Do you feel sad about any of these actions?

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### 3. Hidden Emotions

1. What emotions may hide beneath your anger?  
(take a look at the picture)

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2. Is it somehow connected to your expectations and needs? If yes, what did you expect?

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### 4. Past Experiences

1. Does this situation remind you of something similar from the past?

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2. Do you notice any patterns in how you react to certain situations?

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*Anger Workbook*



## 5. Reflection

1. How can you process the deeper emotions behind your anger?

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2. What are more nurturing and supportive ways to express your feelings?

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It's OK to acknowledge your real feelings.  
Take a deep breath and let the answers guide you toward emotional clarity and peace.