

Anger Iceberg

- Anger often acts as a visible "tip" of the iceberg, while other emotions can lie "underwater," driving the reaction.
- 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.
- People, places, things, situations anything can cause anger. By thoroughly analyzing your feelings, you can understand what lies beneath much faster.
 - Once you recognize your hidden emotions, you can explore nurturing and supportive ways to process them.

ANGER Sadness Hurt Shame Regret Anxiety Insecurity Fear Jealousy Rejection Vulnerability Guilt Hopelessness Loneliness Frustration Unworthiness Confusion Grief Betrayal Resentment Exhaustion Loss Overwhelm

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

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	d you express your anger (e.g., yelling, silent t, physical actions)?
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3. What th	noughts ran and are still running through
3. What th	

2. Your Reactions

1.How did your body feel when you were angry
(e.g., tense, hot, shaky)?
2.What immediate actions did you take?
3.Do you feel sad about any of these actions?
3.Do you leer sad about arry or these actions:





3. Hidden Emotions

1.What emotions may hide beneath your anger? (take a look at the picture)	
2. Is it somehow connected to your expectations and needs? If yes, what did you expect?	
4. Past Experiences 1. Does this situation remind you of something similar	
from the past? 2.Do you notice any patterns in how you react to	
certain situations?	

Anger Jakerey



5. Reflection

1. How can you process the deeper emotions
behind your anger?
2. What are more nurturing and supportive ways to
express your feelings?

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