

ANGER ICEBERG

What you can see from the surface can be misleading. Most of the iceberg is hidden under the water.

ANGRY

EMBARRASSED SCARED REJECTED
NERVOUS DEPRESSED ENVIOUS GUILT
ANNOYED HURT INSECURE TRAUMA
DISRESPECTED UNSURE OFFENDED
STRESSED LONELY WORRIED
HELPLESS TRAPPED GRUMPY
SHAME EXHAUSTED HELPLESS
REGRET
FRUSTRATED
GRIEF

Anger is often a range of emotions hidden under the surface.