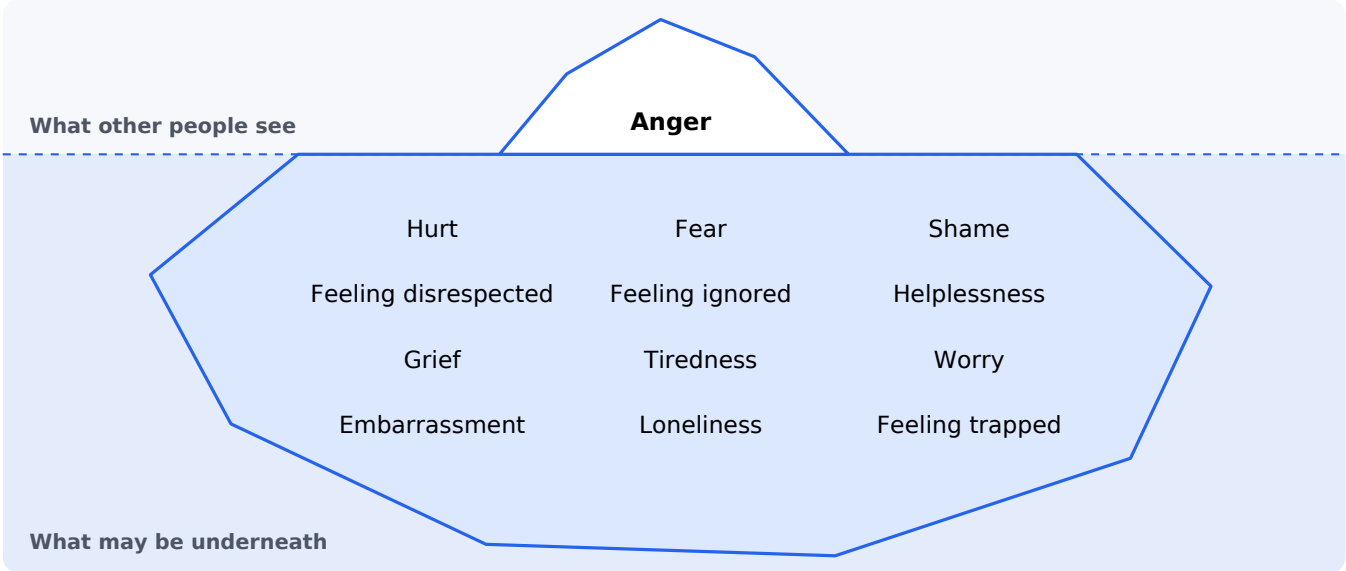
The anger iceberg

Look at the feelings that are underneath your anger.

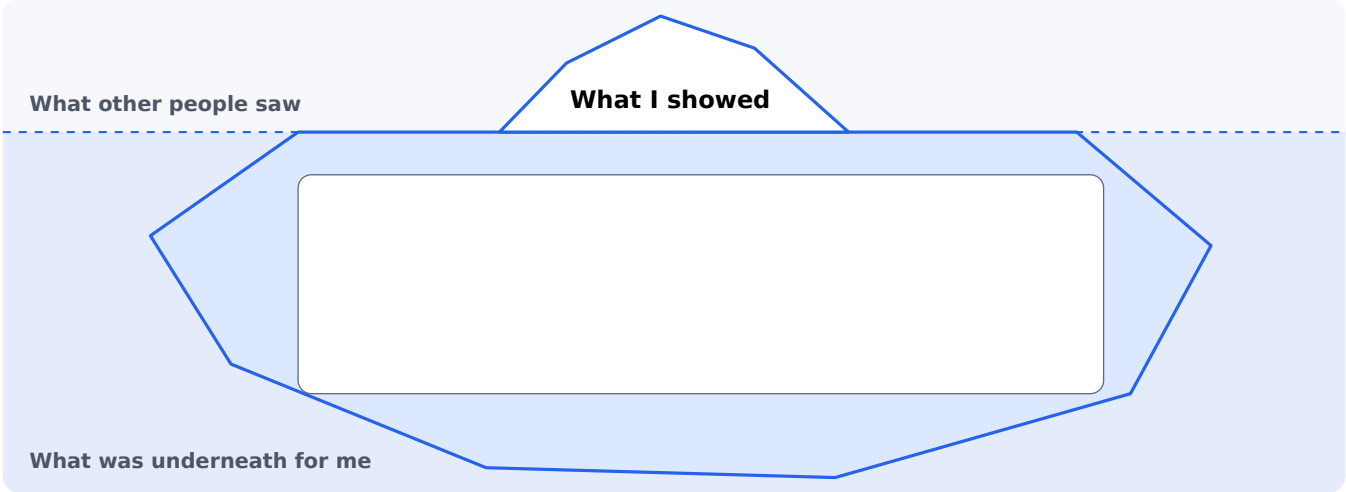
Name _____ Date _____

Anger is often a secondary emotion. It rises fast to cover something more vulnerable. Other people see the anger. They do not see what is driving it.



My iceberg

A recent time I was angry



If I had been able to say what was underneath, what would I have said?

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This handout supports your therapy. It does not replace professional advice.