



## *Anger Iceberg*

The Anger Iceberg helps us understand that although we may be showing anger outwardly, we may be experiencing a lot of emotions within us that cause us to present such anger. Anger can be powered by one or many different emotions. These feelings underneath can help you gain insight as to why you are experiencing this anger, and in turn, start to work through it.



Resource adapted from TherapistAid.com (2018): Anger Iceberg