## **ANGER ICEBERG**

Anger is the tip of the iceberg, visible above the waterline.

We are readily aware of it and can see and observe
it in ourselves and in others.

Anger is often seen as more acceptable than other emotions. A person may express anger to mask other emotions that cause them to feel vulnerable.

Anger

Abandoned Afraid Anxious

Ashamed Attacked Belittled Betrayed
Confused Envious Deceived Disappointed
Discounted Disrespected Foolish Helpless
Humiliated Inadequate Injustice Insecure
Jealous Lonely Left out Obligated
Manipulated Overwhelmed
Offended Rejected Shamed
Pressured Threatened
Trapped Unappreciated

Unheard Excluded

Violated Embarrassed

Vulnerable Shocked

Worried

Hidden below the waterline is some sort of emotional pain or discomfort that we often are unaware of. Because we don't deal with these emotions directly, they get turned into anger.

Anger "triggers" are people, places, situations and circumstances that trigger deep-seated emotions. Anger may be fuelled by different emotions at different times or by a combination of emotions.