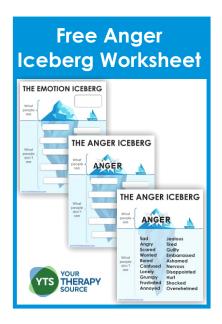
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## How to Use the Anger Iceberg Worksheet

Explain to the students that this worksheet will help them to take a closer look at their anger problem and any underlying emotions. When we express anger, it appears at the tip of the iceberg. There are many feelings that are underneath the tip that others can not see. Page 1 of the worksheet provides a visual with a list of different emotions that may be underlying causes of their anger.

On page 2 of the worksheet, the student can self-reflect on their own emotion and write down any feelings that may result in them expressing anger in the blank white boxes.

On page 3 of the anger iceberg worksheet packet, the top states the EMOTION iceberg. Perhaps your student is having trouble with a different emotion instead of anger. Maybe frustration or sadness. Write emotions below the water surface that is influencing their outwardly expressed emotion. Share this information with mental health professionals if you feel that your student can not control their anger or needs additional help.

Learning self help strategies to help manage emotional regulation may be helpful as well.

## THE ANGER ICEBERG

What people see



What people don't see Sad Angry Scared Worried Bored Bored Confused Lonely Grumpy Frustrated Annoyed Jealous Tired Guilty Embarrassed Ashamed Ashamed Nervous Disappointed Hurt Shocked Overwhelmed



