



## 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

**ANGER**



What  
people  
don't  
see

**Sad**  
**Angry**  
**Scared**  
**Worried**  
**Bored**  
**Confused**  
**Lonely**  
**Grumpy**  
**Frustrated**  
**Annoyed**

**Jealous**  
**Tired**  
**Guilty**  
**Embarrassed**  
**Ashamed**  
**Nervous**  
**Disappointed**  
**Hurt**  
**Shocked**  
**Overwhelmed**

# THE ANGER ICEBERG

What  
people  
see

**ANGER**



What  
people  
don't  
see

A large iceberg is shown partially submerged in water. The visible tip is labeled 'ANGER'. The submerged portion is divided into two columns of five white rectangular boxes each, intended for writing. A large blue bracket on the left side of the submerged portion groups these boxes under the text 'What people don't see'.

# THE EMOTION ICEBERG

What  
people  
see



What  
people  
don't  
see