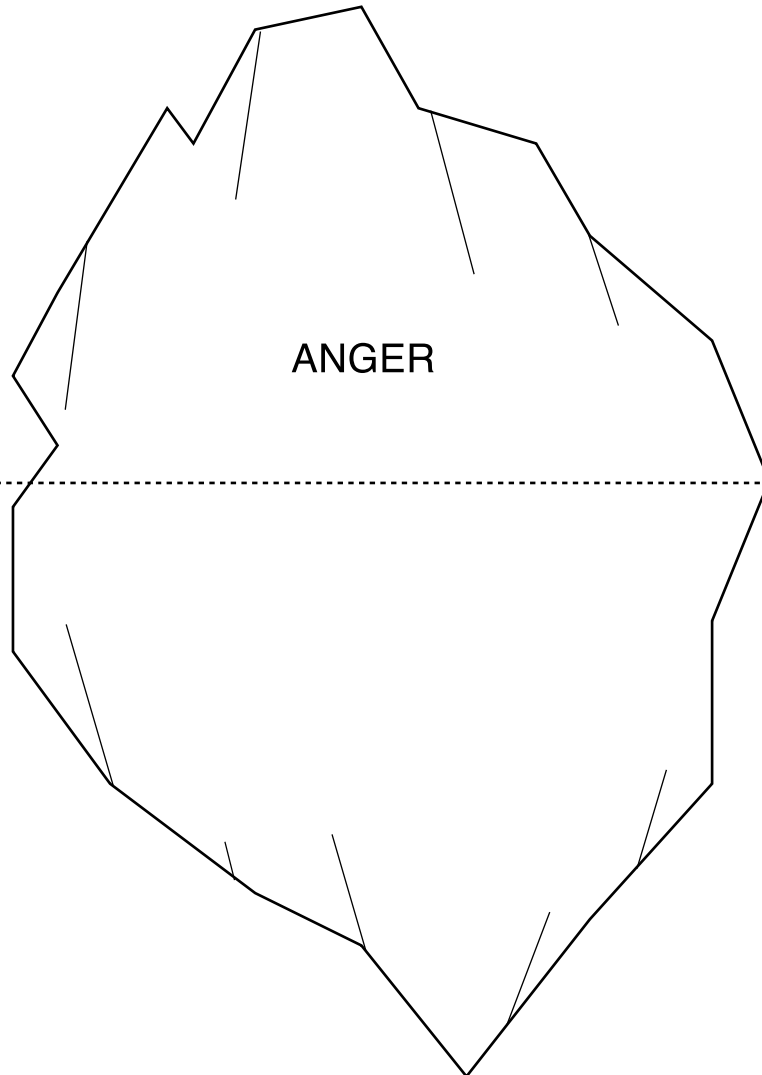


# Anger Iceberg Worksheet

Name:

Date:

Anger is a surface-level emotion. That is, it's often the emotion that people can easily recognize. However, anger is commonly fueled by other emotions that are hidden underneath the surface. It can help to understand what these other emotions are in order to regulate, manage, and reflect on your anger responses.



## Discussion Prompts

1. What do you think your anger is often triggered by?
2. What emotions did you often show growing up? Were there any emotions you weren't allowed to express growing up?
3. Has your anger affected other people? How did they react?
4. How do you show difficult emotions?
5. When do you think anger becomes 'unhealthy'?