

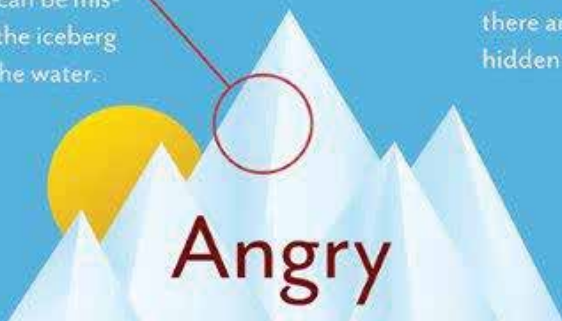


Deep within,  
your Anger has a story

# Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



embarrassed    scared    grief  
shame    tricked    overwhelmed  
frustrated    depressed    disgusted  
distrustful    grumpy    stressed  
attacked    rejected    helpless  
guilt    trapped    nervous    anxious  
trauma    annoyed    exhausted  
disrespected    unsure    envious  
disappointed    lonely    offended  
uncomfortable    worried    insecure  
regret    hurt

The Gottman Institute



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**LET US**  
**HELP YOU**  
**CREATE**  
**A NEW STORY**