

## Free printable anger iceberg worksheet pdf

Iceberg has two parts, one part is visible and the other is hidden. Overt and the covert. The hidden part is the main component to cause an emotional reaction, usually it includes loneliness, sadness, hurt, disappointment, jealousy or resentment that can be any other feeling, but on the surface it is anger and aggression. Now see the iceberg below and try to understand the different emotions behind your anger. Try to understand what makes you angry so that you can learn to deal with it effectively and efficiently.

