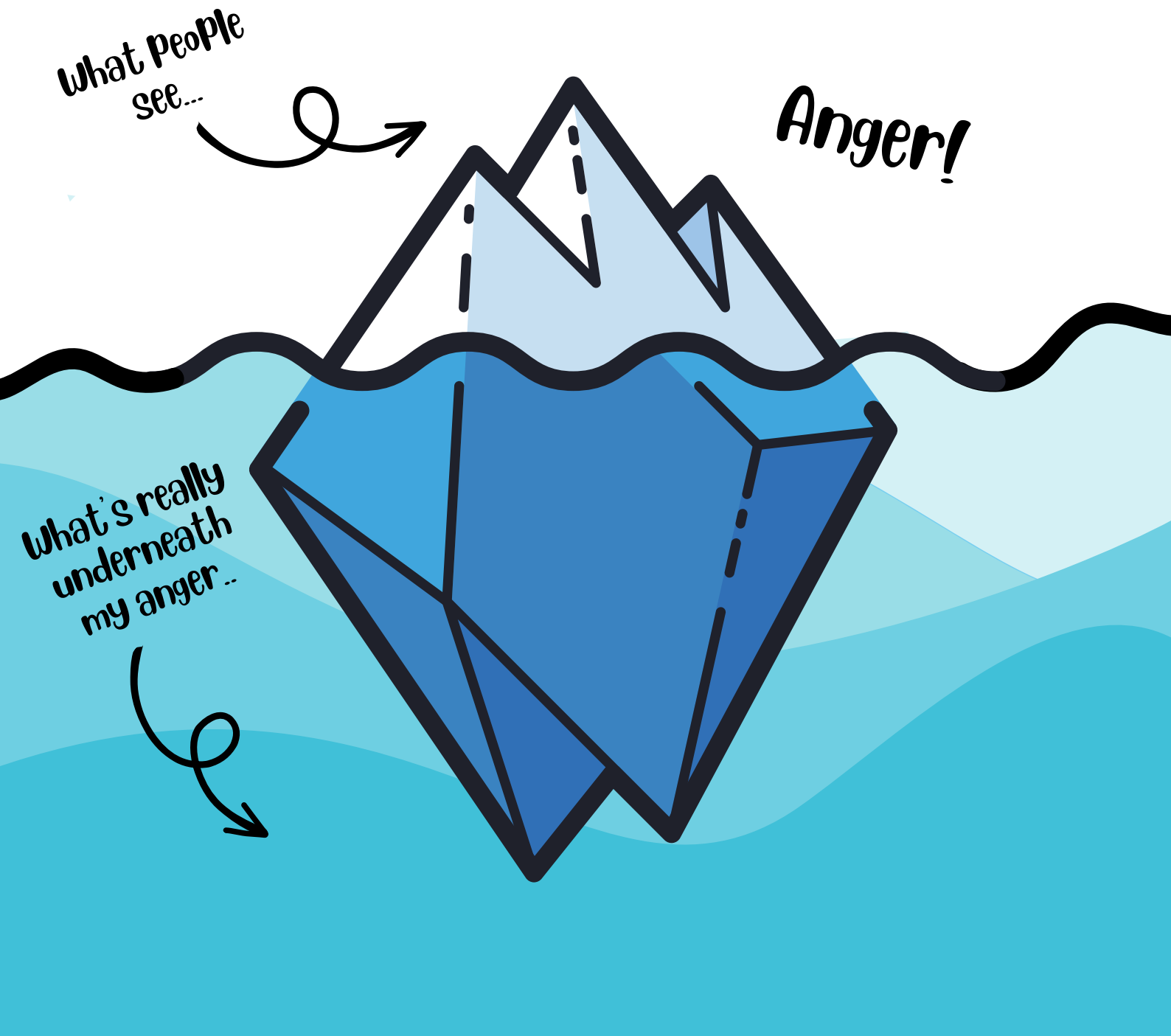


# Underneath my Anger!

This picture of an iceberg shows us that below sea level, there is a lot more of the iceberg hidden underneath. In our lives, what we see on the outside isn't always a clear picture of what is going on. This can be the same for our emotions and behaviours. When we feel angry, other people may see only this anger and the way we react to it, but in reality, what's really going on could be many other different feelings, thoughts, emotions, and experiences that have led us to feel this way, and anger has become our way of expressing this. Can you list all the things that are underneath your anger?



Can you think of any other emotions that affect you in this way too?