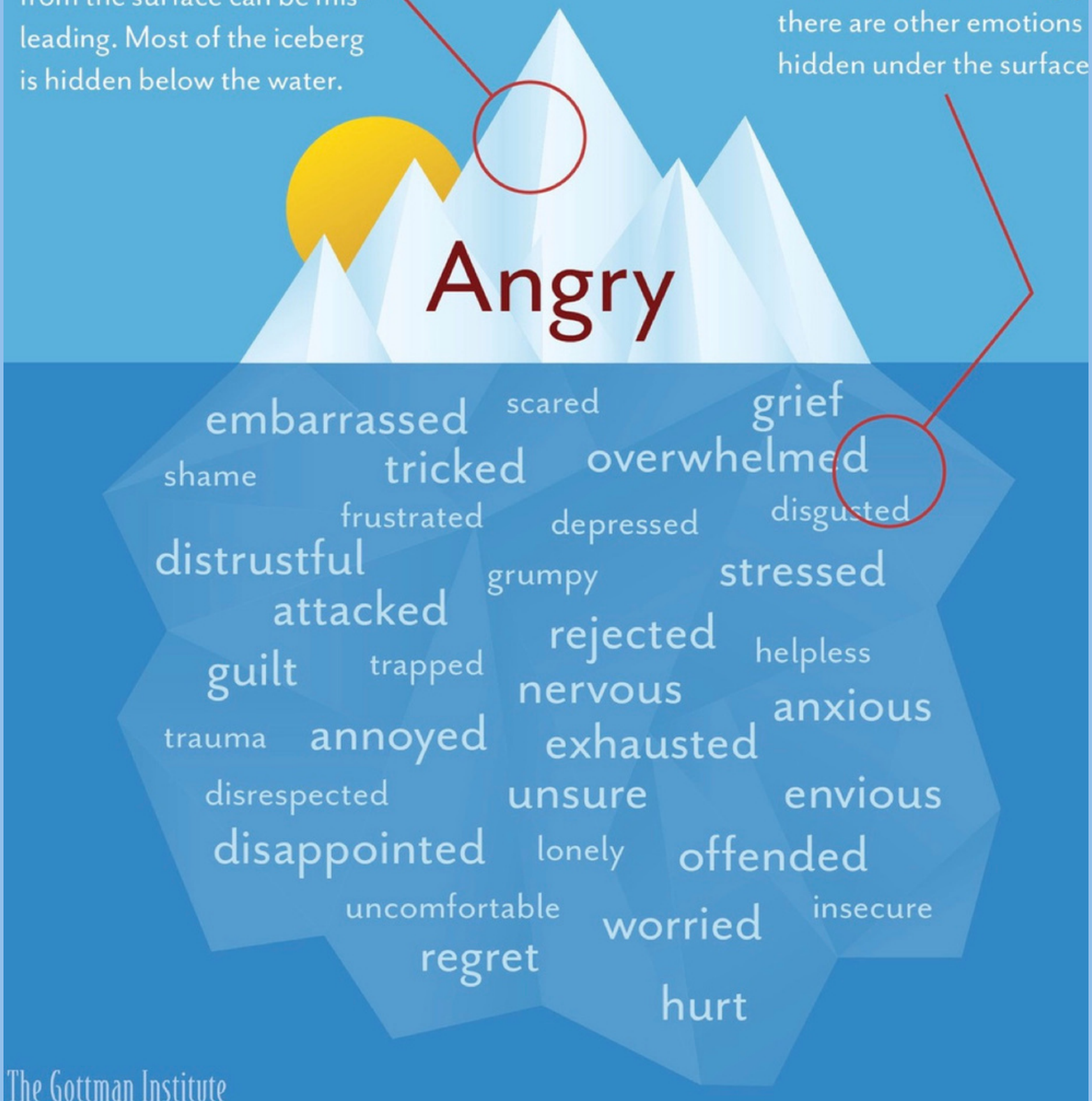
Anger Iceberg

A Great Tool To Use.

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

What emotions might be hiding underneath the surface?

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



The Gottman Institute