

## Anger Iceberg Model

Anger is the tip of the iceberg, visible above the waterline. We are readily aware of it and can see and observe it in ourselves and in others.

Anger is often seen as more acceptable than other emotions. A person may express anger to mask other emotions that cause them to feel vulnerable.

Anger

Abandoned Afraid Anxious  
Ashamed Attacked Belittled Betrayed  
Confused Envious Deceived Disappointed  
Discounted Disrespected Foolish Helpless  
Humiliated Inadequate Injustice Insecure  
Jealous Lonely Left out Obligated  
Manipulated Overwhelmed  
Offended Rejected Shamed  
Pressured Threatened  
Trapped Unappreciated  
Unheard Excluded  
Violated Embarrassed  
Vulnerable Shocked  
Worried

Hidden below the waterline is some sort of emotional pain or discomfort that we often are unaware of. Because we don't deal with these emotions directly, they get turned into anger.

Anger "triggers" are people, places, situations and circumstances that trigger deep-seated emotions. Anger may be fuelled by different emotions at different times or by a combination of emotions.

