

# ANGER ICEBERG

The Anger Iceberg exercise is a psychological tool used to help individuals understand and manage their anger more effectively. The concept is based on the idea that, like an iceberg, only a small part of what drives our anger is visible above the surface. The bulk of what influences our emotions lies beneath, hidden from immediate view. Here's how to use the Anger Iceberg exercise:

Here's a step-by-step guide:

1. **Explain the Concept:** Begin by explaining the concept of an iceberg to the child. Make it clear that just like an iceberg, only a small part of what we feel (anger) is visible on the surface, while there are many other feelings and thoughts hidden beneath.
2. **Identify the Visible Anger:** Talk about the visible part of the iceberg - the anger. Ask the child to describe what their anger looks like. This could include things like yelling, throwing things, or sulking.
3. **Explore Underlying Feelings:** Delve into the feelings and thoughts beneath the surface. Encourage the child to express what they feel when they are angry. They might mention feelings like frustration, sadness, fear, or confusion.
4. **Use Visual Aids:** It can be helpful to use a visual aid of an iceberg. You can draw one together or use a printable template. Let the child fill in the different emotions and thoughts they experience under the 'water level'.
5. **Validate All Feelings:** It's important to validate all feelings, not just anger. Make sure the child knows that it's okay to feel whatever they are feeling.
6. **Teach Healthy Expression:** Discuss healthy ways to express all these emotions. This might include talking about feelings, taking deep breaths, or finding a physical outlet like running or squeezing a stress ball.
7. **Problem-Solving Skills:** Work with the child to develop problem-solving skills. This might involve identifying triggers for their anger and thinking of ways to handle these situations differently in the future.
8. **Regular Check-ins:** Regularly revisit the Anger Iceberg concept. Emotions and triggers can change, so it's important to keep the conversation going.
9. **Model Behavior:** Be a role model in expressing and managing emotions. Children learn a lot from observing adults.

# ANGER ICEBERG



When I feel angry...

What I show  
on the  
outside:



What I feel  
on the  
inside:

