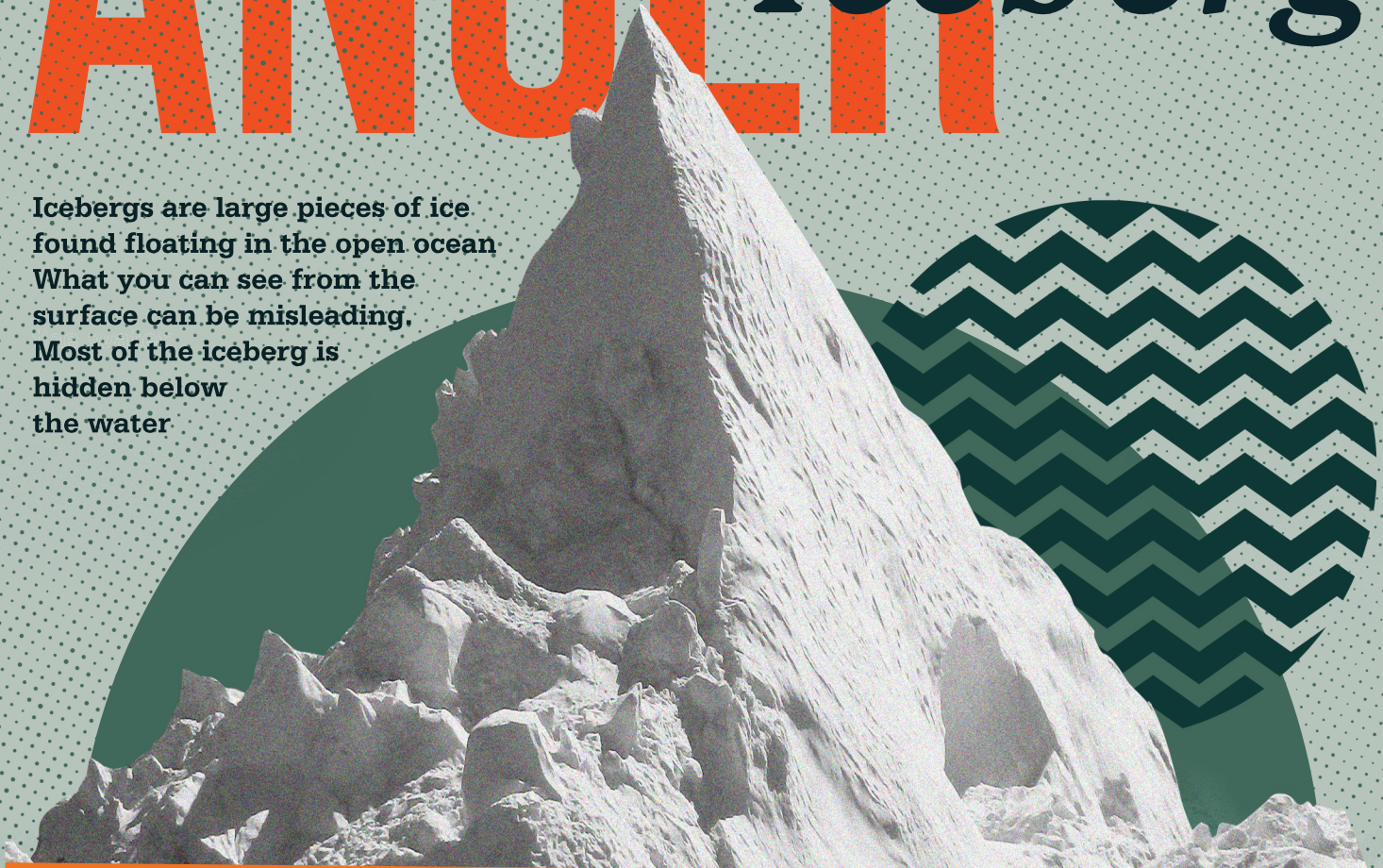


ANGER *Iceberg*

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



stress trapped disrespected lonely
depressed unsure
embarrassed distrustful
grief scared insecure guilt
helpless attacked
nervous overwhelmed annoyed
envious anxious trauma
exhausted grumpy
shame hurt

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

men&