

## The Anger Iceberg

90% of an iceberg is hidden underneath the surface of the water. Emotions are a lot like that, too! What looks like anger on the outside may be actually be something totally different underneath the surface. Below, share how you look on the outside (the tip of the iceberg) and what's happening for you underneath the surface (like grief, family issues, stress, etc.) - use this as a starting point to talk about your clinical goals with your therapist!

