

THE ANGER ICEBERG

ANGER IS THE EMOTION YOU SHOW, BUT
WHAT IS CAUSING YOU TO FEEL ANGRY
UNDERNEATH?

ANGER IS THE EMOTION THAT SHOWS
ABOVE THE WATER, LIKE THE TIP OF AN
ICEBERG. UNDER THE SURFACE OF THE
WATER THIS IS AN EXAMPLE OF WHAT
MIGHT BE HAPPENING.



I'M ANGRY

I'M SAD I'M LONELY

I FEEL OUT OF CONTROL

I FEEL ASHAMED

I'M EXHAUSTED

I'M SCARED



THE ANGER ICEBERG

HERE ARE SOME QUESTIONS WHICH WILL HELP YOU FIGURE OUT WHAT'S UNDER THE SURFACE OF YOUR ICEBERG.



LAST TIME YOU FELT ANGRY, WHAT TRIGGERED YOUR ANGER? WHY DID IT HAPPEN?

WHAT DID IT FEEL LIKE IN YOUR BODY?

WHO WAS AROUND AT THE TIME? WHAT DID THEY DO OR SAY THAT MADE IT BETTER OR WORSE?

WHAT MADE IT BETTER, OR WHAT WOULD HAVE MADE IT BETTER?

DO YOU STILL FEEL ANGRY?

WOULD ANYTHING REDUCE YOUR ANGER, OR TAKE IT AWAY? IF SO, WHAT?



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CASE STUDY: ANGEL

TWELVE YEAR-OLD ANGEL HAS STRUGGLED WITH FRIENDSHIPS AND ACADEMIC WORK SINCE STARTING A NEW SCHOOL. SHE IS SCARED EVERY DAY WHEN SHE GOES TO SCHOOL. SHE DOESN'T KNOW WHO TO HANG OUT WITH IT BREAK TIMES SO SHE HIDES IN THE TOILETS MOST OF THE TIME. ANGEL IS DYSLEXIC AND ISN'T GETTING ANY EXTRA SUPPORT AT HER NEW SCHOOL. SHE FEELS OUT OF HER DEPTH IN CLASS, APART FROM IN ART AND DRAMA. SHE COPEs BY STAYING QUIET AND TRYING TO COPY OTHERS.

AT HOME, ANGEL'S PRIMARY EMOTION IS ANGER. SHE CAN'T BEAR FOR HER FAMILY TO KNOW SHE HASN'T MADE FRIENDSHIPS AND IS STRUGGLING IN CLASS. SHE RESENTS HER PARENTS BECAUSE SHE FEELS THEY WOULDN'T UNDERSTAND.

**ANGER OUTBURSTS,
"SHORT FUSE"**

**OUT OF CONTROL
LONELY, ISOLATED
SCARED**



THE ANGER ICEBERG

CASE STUDY: JAKE

FOURTEEN YEAR-OLD JAKE IS BEING BULLIED AT SCHOOL BY A GROUP OF OLDER KIDS. HE FEELS ASHAMED AND ANGRY THAT THIS IS HAPPENING. JAKE ESCAPES INTO THE FANTASY WORLD OF GAMING. HE PLAYS FIFA AND APEX LEGENDS OBSESSIVELY. HE AVOIDS THINKING ABOUT SCHOOL LIFE AND GETS VERY ANGRY IF HIS PARENTS REMIND HIM ABOUT SCHOOL WORK. HE PLAYS VIDEO GAMES LATE INTO THE NIGHT BECAUSE HE DOESN'T WANT TO BE ALONE WITH HIS THOUGHTS AT NIGHT. HE HAS STARTED TO GET ANGRY IN CLASS, BECAUSE HE IS SO BEHIND IN HIS SCHOOL WORK AND FEELS SICK OF TEACHERS CRITICIZING HIM.

**ANGER
AND DEFIANCE**

**BULLYING
ESCAPING INTO GAMING
EXHAUSTED
NOT SLEEPING**



THE ANGER ICEBERG

IT'S YOUR TURN!

DESCRIBE YOUR ANGER IN YOUR OWN WORDS.

WHAT SHOWS ON THE SURFACE?

WHAT IS HIDDEN UNDER THE SURFACE?



THE ANGER ICEBERG

NOW THAT YOU HAVE COMPLETED YOUR ICEBERG, HOW DO YOU FEEL?



THE MOST HELPFUL WAY TO TAKE ACTION NOW THAT YOU UNDERSTAND YOUR ANGER BETTER IS TO SHARE HOW YOU FEEL WITH SOMEONE. THIS COULD BE A FRIEND, A TEACHER OR A PARENT.

EVEN IF YOU DECIDE NOT TO SHARE WHAT'S CAUSING YOUR ANGER, THE ICEBERG WILL HELP YOU DECIDE ON AN ACTION PLAN.

WHAT NEEDS TO CHANGE?

WHAT FIRST STEP MIGHT HELP THINGS TO GET BETTER?

