

Anger Iceberg

Just as the tip of an iceberg is visible above the water, anger is often the most visible emotion that we display.

Beneath the anger, there are often other emotions that are:

not openly
expressed

deep-seated

hidden from
awareness

more
complex

contributing to
the anger

vulnerable

Could any of these emotions be the root source of your anger?

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anxious abandoned ashamed betrayed
bitter burnt out confused dismissed
disrespected embarrassed grieved guilty
hungry helpless ignored jealous
insignificant invalidated hurt
manipulated inadequate
overwhelmed lonely
lost powerless
tired scared
unappreciated
vulnerable
worthless