

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.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



Angry

embarrassed scared grief
shame tricked overwhelmed
frustrated depressed disgusted
distrustful grumpy stressed
attacked rejected helpless
guilt trapped nervous anxious
trauma annoyed exhausted
disrespected unsure envious
disappointed lonely offended
uncomfortable worried insecure
regret hurt

Gratitude Iceberg

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible.

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. People feel and express gratitude in multiple ways.



GRATEFUL FOR

1. Food on the table
2. Having a pay check
3. Making a final payment on a loan
4. The ability to work from home -in your pajamas
5. A beautiful sunrise
6. A song you love
7. Ability to spend time with your kids
8. New clothes
9. A comfortable bed to sleep in
10. Your favorite morning drink
11. A massage
12. Time to enjoy your favourite Netflix show
13. Sleep
14. Warm showers/baths
15. A beautiful sunset
16. Moments of quiet when you're the only one awake
17. Days off work
18. The ability to watch your favorite youtubers
19. A new day
20. The Holidays
21. Birthdays
22. Pets
23. True Friends
24. Support of family
25. Great co workers
26. The Act of kindness from people you don't know
27. Travelling to new or places
28. Ice cream
29. Weekends
30. Laughter
31. Having a car
32. Having a roof over your head
33. The ability to buy things you like/want
34. The support of your spouse/partner
35. Love
36. Romance
37. Cellphones
38. Laptops
39. The ability to work from home
40. Sunshine
41. The beach
42. Clean Water
43. Shopping carts at the grocery store
44. Your favourite book
45. Family traditions
46. Forgiveness
47. Healthy family members/kids
48. Savings account
49. The ability to make money
50. Forgiveness