

Anger Iceberg

Looking beneath anger

Anger is a normal and important emotion. Sometimes it is the clearest feeling present. At other times, it may occur alongside other feelings, needs, values, or experiences. Looking beneath or alongside anger can help us understand what matters and what we really want or need.

ANGER the part we see

FEELINGS, NEEDS, VALUES AND EXPERIENCES THAT MAY SIT BENEATH OR ALONGSIDE ANGER

hurt

fear

sadness

shame

disappointment

feeling dismissed

embarrassment

overwhelm

loneliness

anxiety

guilt

rejection

powerlessness

insecurity

stress

5 STEPS

Responding to anger effectively

1

NOTICE THE ANGER —

Acknowledge that anger is present without judging yourself or reacting automatically.

2

PAUSE AND SLOW THE BODY DOWN —

Use grounding, slower breathing, release tension, or take a brief movement break.

The aim is to regain control of your actions and communicate more effectively — not to suppress the anger.

3

PARK — DO NOT SUPPRESS —

If you are too heated to listen, think, or communicate effectively, stop what you are doing or park the conversation. Let the other person know you intend to return to it.

Parking is not avoiding. It is choosing a better time to communicate.

4

NOTICE WHAT IS UNDERNEATH OR ALONGSIDE —

Take time to notice the feelings, needs, values, or experiences accompanying the anger.

This can clarify what you really want, need, or want to protect.

5

COMMUNICATE CALMLY AND COURAGEOUSLY —

When ready, communicate the underlying feeling, concern, or boundary — not only the anger.

This takes courage and is more likely to help you be understood and move toward the outcome you want.



LOOKING MORE CLOSELY BRINGS CLARITY

When we take time to notice what is under or alongside anger, it becomes clearer what we really want, need, or want to protect.

P

PARK — DO NOT SUPPRESS

Pausing means choosing not to communicate while anger is likely to make you less controlled or effective. The goal is not to suppress anger, but to return to the issue when you can communicate what matters.

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