

# Anger is only the tip of the iceberg



## Anger

Afraid

Anxious

Sad

Ashamed

Afraid

Helpless

Powerless

Jealous

Embarrassed

Betrayed

Discouraged

Lonely

Regret

Afraid

Grief

Insecure

Inadequate

Trapped

1) Pause.

2) Follow the bodily feeling of anger.

3) Notice what other feelings arise.

4) Acknowledge & Validate those feelings.

5) Express gratitude towards the anger for trying to protect from those feelings.

6) Ask the anger to ease back.

7) Practice Acceptance.

