



My Anger Iceberg Worksheet

Six steps to look under one angry moment: what showed, what was underneath, what you needed and what you'll do next time. If your anger has led to hitting, threatening or controlling someone, also talk to the Respect Phonenumber (UK 0808 8024040). If someone is hurting you, call a domestic abuse service (UK 0808 2000 247, US 1-800-799-7233).

THE ANGER ICEBERG

What shows

(what others see)

Anger

the surface

OFTEN UNDERNEATH

hurt

exhausted

scared

ignored

embarrassed

disrespected

ashamed

powerless

let down

rejected

lonely

worried

Anger is the part that shows. Look underneath for what else is there,
then tick what fits on the sheet below.

01 What happened?

Write it like a camera would have seen it: just the facts, without the story about who was right.

What happened, in a few lines:

When and where was it, and who was there?

How angry did I get at the peak?

1	2	3	4	5	6	7	8	9	10
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A flicker

Boiling over

02 What showed on the surface

This is the tip of the iceberg: what other people could see or hear. Tick what fits, then write down what you actually said or did.

- ☐ I raised my voice or shouted.
- ☐ I snapped, or said something cutting or sarcastic.
- ☐ I swore, or called someone a name.
- ☐ I slammed a door, banged something or threw something.
- ☐ I went quiet, sulked or gave the silent treatment.
- ☐ I walked out or hung up.
- ☐ I took it out on someone who wasn't involved.
- ☐ I kept it in and went over it in my head for hours.

What I actually said or did (as close to the real words as I can):

03 What was underneath?

Now look below the waterline. Use the iceberg above for ideas. Tick every feeling that was there, even the small ones, then put it in your own words.

- ☐ Hurt
- ☐ Scared or worried
- ☐ Embarrassed or humiliated
- ☐ Ashamed, or not good enough
- ☐ Exhausted, run down or overwhelmed
- ☐ Ignored or not listened to
- ☐ Disrespected or taken for granted
- ☐ Rejected or left out
- ☐ Let down or disappointed
- ☐ Powerless or out of control
- ☐ Jealous
- ☐ Lonely
- ☐ Guilty
- ☐ Hungry, unwell or in pain (it all counts)

In my own words, underneath the anger I felt:

Does this feeling seem familiar? When else have I felt it, and where might it come from?

04 What did I need?

Underneath feelings often point to a need that wasn't being met. Naming the need is what lets you ask for it next time.

- ☐ To be listened to
- ☐ To be taken seriously
- ☐ To be treated with respect
- ☐ Rest, or a break
- ☐ Some space or time alone
- ☐ Reassurance that I matter, or that we're OK
- ☐ Help, or a fairer share of the load
- ☐ An apology
- ☐ To feel safe
- ☐ Some say in what happens

In one sentence, what I needed was:

Who could I have asked for it, and how?

05 What I'd like to do next time

Pick something small and specific. You're not trying to never feel angry again, just to catch it a little earlier and say what's underneath.

The earliest sign I'll watch for (in my body, my thoughts or what I start to do):

What I'll do when I notice it (a pause, a breath, a short break):

What I could say instead, naming what's underneath: 'I feel ... when ... because ... What I need is ...'

06 A repair step, if I hurt someone

If what you said or did hurt someone, a kind and honest repair can help. Own your part without a 'but', name the feeling underneath as an explanation, not an excuse, and let them respond in their own time. If you've hit, threatened or frightened a partner or family member, don't push for contact: talk to the Respect Phoneline (UK 0808 8024040) or a GP first. And if they hurt you, the repair isn't yours to make.

- ☐ Say sorry for what I said or did, with no 'but' after it.
- ☐ Name the effect it may have had on them.
- ☐ Share what was underneath, as an explanation, not an excuse.
- ☐ Ask what they need from me now.
- ☐ Say one thing I'll do differently next time.
- ☐ Give them space if they're not ready to talk.

What I'll say, in my own words:

When I'll say it:

When you're done, a moment to reflect

- Which feeling turns up under your anger most often? What does it usually need?
- Who taught you what anger looks like, and is that how you want to do it?
- Is there a feeling you find easier to show as anger than as itself? Why might that be?
- What would you want the people you love to understand about your iceberg?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.