

# ANGER ICEBERG

Anger is an emotion that is usually visible. However, it is often just the tip of the iceberg, with other emotions hidden beneath the surface.

Anger can stem from various emotions at different times or from a mix of emotions. Yet, sometimes anger is simply anger on its own.



**ANGER**

SADNESS

HURT

DISAPPOINTMENT

GRIEF

JEALOUSY

FRUSTRATION

STRESS

PAIN

THREATENED

TIREDDNESS

INSECURITY

HUNGER

EMBARRASSMENT

SHAME

GUILT

OVERWHELMED

JEALOUSY

FEAR

HELPLESSNESS

ANXIETY

SHAME

# ANGER MANAGEMENT SKILLS

## 1. Recognize your Anger Early

If you find yourself yelling, it's likely already too late. Learn to recognize the early signs of anger so you can act quickly to change the situation. Common signs include feeling overheated, raising your voice, clenching fists, shaking, and engaging in arguments.

## 2. Take a Timeout

Take a break from the situation causing anger. If others are involved, explain that you need a few minutes to calm down. Issues are rarely resolved when emotions are high.

## 3. Deep Breathing

Take a moment to breathe deeply. Count your breaths: inhale for four seconds, hold for four seconds, and exhale for four seconds. Stay focused on counting to prevent distraction. This technique helps shift your focus away from the situation.

## 4. Exercise

Physical exercise can provide emotional release. Chemicals released in the brain during exercise promote relaxation and a sense of well-being.

## 5. Express your Anger

Once you've calmed down, express your feelings of frustration. Aim to be assertive yet non-confrontational. Expressing anger constructively can prevent recurring issues.

## 6. Think of the Consequences

Consider the potential outcomes of reacting to anger. Will arguing convince the other person you're right? Will you feel better after a conflict?

## 7. Visualization

Visualize a calming experience. Imagine sights, smells, sounds, sensations, and tastes—perhaps envision yourself on a beach with sand underfoot and waves in the distance. Spend a few minutes vividly imagining every detail of your relaxing scene