

Anger Iceberg

Anger often masks other feelings. Anger becomes the tip of the iceberg, the part that is visible. What is beneath the surface of your anger? Are there other feelings? Understanding what is beneath your anger can be the first step to releasing it.



Angry	Depressed	Confused	Helpless
Aggressive	Ashamed	Bewildered	Burned out
Agitated	Blue	Disillusioned	Defeated
Annoyed	Defeated	Disoriented	Distressed
Antagonistic	Desperate	Distrustful	Empty
Bitter	Disappointed	Dumbfounded	Fatigued
Cross	Discouraged	Hesitant	Frustrated
Enraged	Down	Lost	Hopeless
Exasperated	Exhausted	Mistaken	Inadequate
Furious	Gloomy	Mixed up	Incapable
Hostile	Guilty	Perplexed	Inferior
Incensed	Helpless	Pessimistic	Insecure
Indignant	Miserable	Shy	Lonely
Irritated	Regretful	Tense	Paralyzed
Provoked	Sad	Uncertain	Unimportant
Resentful	Unhappy	Uneasy	Useless
Upset	Vulnerable	Unsure	Vulnerable
	Weak	Upset	Weak
			Worthless

That is a lot of emotions! Keep going there are more...



Indifferent

Aloof
Apathetic
Bored
Detached
Disinterested
Distant
Lifeless
Listless
Lukewarm
Neutral
Preoccupied
Reserved
Uncaring
Unconcerned
Unresponsive
Weary

Afraid

Alarmed
Anxious
Apprehensive
Cautious
Disturbed
Doubtful
Edgy
Fearful
Frantic
Frightened
Hesitant
Intimidated
Nervous
Panicky
Restless
Scared
Suspicious
Threatened
Worried

Hurt

Alienated
Appalled
Bothered
Bruised
Crushed
Dejected
Deprived
Distressed
Disturbed
Heartbroken
Humiliated
Injured
Insulted
Offended
Rejected
Tormented
Tortured
Wounded

Sad

Anguish
Desperate
Disappointed
Discouraged
Disheartened
Dismayed
Dispirited
Downcast
Grieved
Heartsick
Hopeless
Let down
Lonely
Mournful
Pessimistic
Regretful
Sorrowful
Unhappy

Journal Questions

How do you behave when you experience anger?

How do you feel about your anger reaction?

If your anger had a voice, what would it say?

What other perspectives would be useful to take into account?

How can I express my anger in ways that are not harmful to others?

What is my plan for controlling my angry reactions?