

# What's Under Your ANGER ICEBERG?



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# THANK YOU SO MUCH!

Our mission at GoZen! is providing parents and practitioners with the tools they need to arm kids with essential life skills - not only to manage anxiety, but to live with deeper purpose. We can't do it without your support!

Have any questions or comments about our printable kits? Reach out to [go@gozen.com](mailto:go@gozen.com), we'd love to hear from you.

## YOU MAY ALSO ENJOY :



**Click here to learn more about our New  
Animated Program on Anger Transformation!**

[GoZen.com/anger/](https://GoZen.com/anger/)

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- 1) Your kit purchase includes a single license you can use with your family or in your private practice in a counseling session!
- 2) Want to print lots of copies? Please learn more about [extended licenses here](#).

## SHARING MATERIAL

We put a lot of hard work into creating these materials and other resources to help kids thrive. We kindly ask that you do not share, copy, repurpose, resell, or embed these materials into your own. If you have a special need, please email us at [go@gozen.com](mailto:go@gozen.com). We'd love to hear from you. :)

## TRANSLATIONS:

We are working on translations for this kit. We have it [available in Spanish here](#). We will have it available in other languages soon!

# What's Under Your ANGER ICEBERG?

Got anger? We all do. Anger is a natural, sometimes even helpful, human emotion. Its job is to let us know when something in our lives isn't quite right. In fact, some researchers think that anger is a secondary emotion. That means that when you feel anger, it's because there's a different challenging feeling hiding beneath the surface.

Think of anger like an iceberg. When you see an iceberg in the water, you're only seeing a part of it; the "tip" that peeks out above the surface. But under the water, there's so much more.

Print out one of these anger posters and hang it anywhere you want: the refrigerator; your bedroom; your locker. Then draw an arrow on a post-it note. Whenever you feel angry, move the post-it note around on the poster so that it points to the emotion that's hiding under your anger.

Feeling emotions that aren't on the poster? Make your own! Print the blank anger iceberg and write in the things you feel underneath your anger. Then hang it up and use it the same way. Write in new feelings whenever you discover them.

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# ANGER

[ d o u b t ]



GUILT TIRED



CONFUSION

FEAR

FRUSTRATION

EMBARRASSMENT



PAIN

OVERWHELM

REJECTION

ANXIETY

LONELINESS

DIS-  
CON-  
Nec-  
TED

THREATENED

JEALOUSY

GRIEF

UNFAIRNESS

DISAPPOINTMENT

HELPLESSNESS

STRESSED

HUNGER



SADNESS



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**ANGER**