



# ANGER ICEBERG ACTIVITY



**ART-BASED EXPLORATION TOOL**

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## UNDERSTANDING ANGER

Anger is one of the most misunderstood emotions. It can show up quickly, feel intense, and often leave you with guilt or regret. So it's natural to want to control it or make it go away.

But anger is not the problem.

In psychology, anger is known as a secondary emotion—it often sits on top of deeper feelings like hurt, fear, shame, disappointment, or feeling unseen.

The brain can use anger as a form of protection.

It is often easier to express anger than to stay with emotions that feel vulnerable or overwhelming.

This is why only trying to manage or control anger may not create lasting change. When the underlying emotions are not acknowledged, the anger tends to return..

## WHY THIS ACTIVITY MATTERS?

The Anger Iceberg activity helps you slow down and explore what may be beneath your anger.

It supports you to:

- notice your emotional patterns
- understand what your anger may be protecting
- connect with deeper emotional needs

Because regulation does not begin with control— it begins with understanding.

## ABOUT ME



I am a Counselling Therapist and Expressive Art practitioner with over 20 years of experience. I support individuals, professionals, and groups in exploring emotions, reducing stress, and building resilience through art-based practices.

My work commonly focuses on anxiety and overthinking, stress and life transitions, relationship wounds, identity and self-discovery, past trauma, depression, and grief.

## STEP 1: EMOTIONAL RECALL (GROUNDING )

Take a few deep breaths.

Think of a time when you last felt angry.

Pause for a few moments and bring that situation to mind.

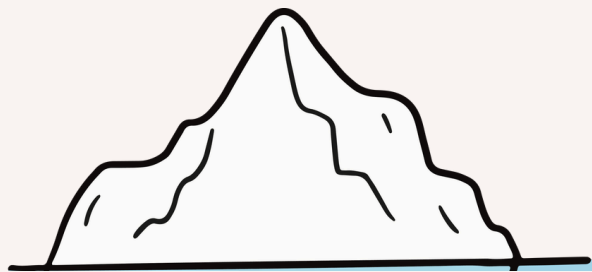
Reflection prompts:

- What happened in that situation?
- What do you notice in your body as you remember it?

Choose a colour that represents how that moment felt.

## STEP 2: EMOTIONAL RECALL (GROUNDING )

- Draw a simple iceberg.
- At the top (above the water), write: ANGER
- Use the color you choose and draw/ scribble to show how your anger appeared in that moment.



Reflection prompts:

- How did your anger show up?
- What did you do or say?
- How intense did it feel?
- What triggered it?
- You can write words, draw, or use colours and symbols.

## STEP 3: BEYOND THE SURFACE

Now focus on the part of the iceberg below the water.  
This is where you explore what may be underneath the anger.

Reflection prompts:

- What emotions were present beneath the anger?
- Did you feel hurt, fear, rejection, shame, or overwhelm?
- What was happening just before the anger showed up?
- What did you need in that moment?

Use words, colours, or symbols to express these.



## STEP 4 : NOTICING PATTERNS

Look at your iceberg.

Reflect and write down your thoughts to the below prompts

- What do you notice when you see both the surface and what's underneath?
- Which emotion feels most present or important?
- Does anything surprise you?



## STEP 5: MAKING SPACE

Take a moment to sit with what you've uncovered.

Reflection prompts:

- What might it feel like to acknowledge these deeper emotions?
- What does this part of you need right now?
- Is there a small way you can respond to this need?

Write down your thoughts.



## CLOSING NOTE

- Anger is often the most visible emotion, but it is not always the first one.
- Understanding what lies beneath it can create space for awareness, clarity, and change.





## WANT TO EXPLORE ART THERAPY FURTHER?

I'd love to support you in exploring your emotions, creativity, and self-care using Art Therapy tools. In a personalized one-on-one session, we can:

- Use art to process stress, emotions, or challenges
- Discover creative ways to nurture calm and self-awareness
- Explore how Art Therapy can be part of your daily self-care
- Learn how to integrate Art Therapy tools into your professional practice



 **Send me a DM / WhatsApp 00919207664971**  
or  
 **Click the consultation link below**

**Let's work together to help you reconnect with your creativity and well-being.**

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