

UNDERSTANDING ANGER

Anger is a common emotion we all experience, but often there are other underlying emotions that are more complex and harder to identify. Sometimes when we feel anger, it might be a mix of different emotions. Let's take a closer look at the picture below and explore some of the underlying emotions that you might be experiencing.

Surface
Level
Emotions

ANGER

INSECURE

ANXIETY

GUILT

THREATENED

PAIN

STRESS

DISAPPOINTMENT

GRIEF

OVERWHELMED

LONELY

SHAME

Deep
Emotions

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What are some things that makes you angry?

How do you manage your anger?

Using this iceberg diagram as a reference, what do you think were some other emotions you felt when you expressed anger towards someone?"

What reactions do you feel in your body(eg: heart beating faster) when you are angry?

What are some ways you can cope with anger more effectively ?

- Identify what makes you angry and try to avoid or manage the triggers.
- Notice your body's reactions and find ways to calm yourself down (e.g. deep breathing)
- Talk to a trusted person about your feelings.
- Find a distraction (eg: listen to music, go for a walk)
- Move away from the situation