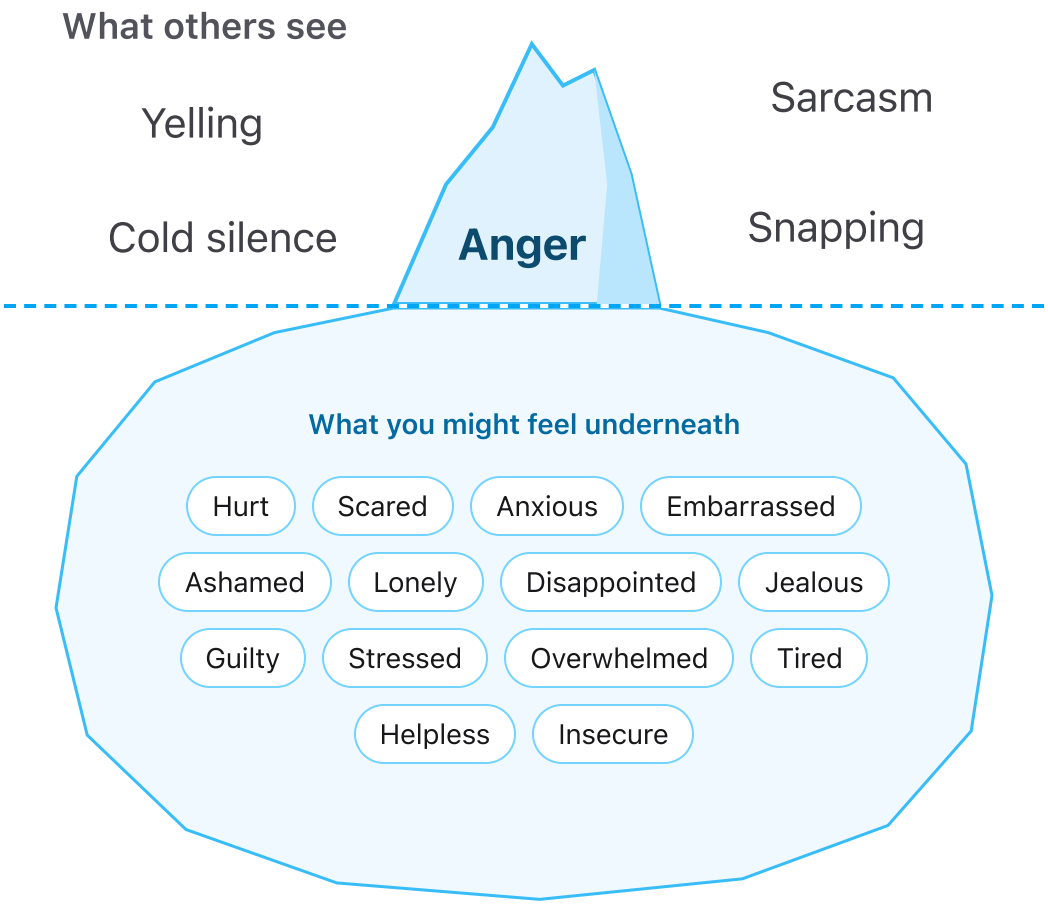
Anger iceberg

Anger is the tip others see. Circle what sits under yours today.



1. What set it off?
2. Which feelings under the waterline fit best?
3. What would help right now?

When _____,

I felt _____, and it came out as anger.

What would help is _____.

What each feeling needs, and a sentence builder: phorb.app/anger-iceberg. Share a feeling and a need with your partner in the Phorb app for iPhone.