



ANGER

Thirsty Tired Hungry
Embarrassed Humiliated
Ashamed Disappointed

Dismissed Guilty **Sad** Neglected Invisible
Anxious

Belittled Lectured Mocked Worried
Bullied Jealous Judged Heartbroken
Lonely Criticized Unheard

Grieving Rejected Misunderstood Scared
Insecure Not enough Interrupted

Unsafe Unappreciated Bored
Stressed Used

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Anger Iceberg

A Visual Support by The Catbears

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Dear Grownups,

Anger is usually the part we see - Yelling. Stomping. The slammed door. The "NO!" that comes out of nowhere.

Under that anger, there is often something harder to say: "I'm tired. I feel small. I'm embarrassed. I didn't understand. I feel left out. I'm scared. I feel like I'm not enough."

The tricky part is that anger is contagious. When our kids show anger, our bodies react too. We feel pulled to stop it, control it, or explain it away. Sometimes we get pulled into the same reaction ourselves.

The Escalation Loop looks like this: Child feels overwhelmed → child shows anger → grownup reacts strongly → child feels more unsafe → anger grows.

How the Anger Iceberg works:

An iceberg is mostly underwater. The visible tip is about 10 percent. This page helps kids and grownups look under the surface, so we can respond to the real need, not just the loud moment.

- 1 Find a quiet time and introduce the Anger Iceberg to your child.
- 2 When someone is upset but not in a full meltdown, pick a feeling from the iceberg. Yes, this includes you.
- 3 When someone picked a feeling, Instead of "Why," try: "What happened?" "What do you need right now?" "What would help?"
- 4 After a meltdown, when everyone is calm, use the iceberg to name what was under the anger.

Look below the surface. Most of the time, anger is a signal that someone is having a hard time.

Love,
The Catbears

