

# The Anger Iceberg

Anger acts as an indicator, inviting us to look beneath the surface. As a secondary emotion, anger is protective and is activated when we feel unable to express the more vulnerable emotions.

Anger can be an important gateway that allows us to see that some part of our emotional selves needs our attention and focus.

Notice how you feel as you read the words beneath the surface, you may feel a sense of vulnerability.

Getting to know how our anger presents itself can be helpful in regulating our emotions.

