The emotions we display to the world can sometimes be a reflection of those that aren’t visible—kind of like the way we only see part of an iceberg from the surface! Maybe you are surprised at the way you yelled at your best friend or how argumentative you have gotten with your parents. Do you think there are other emotions fueling those behaviors? What else may be contributing to your reaction? Reflection is a first step. Asking ourselves these questions and bringing clarity to any confusing feelings or behaviors can help us start conversations with those we love and avoid allowing the emotions to bottle-up inside.

Pause and reflect. On the top of the iceberg, write or draw about a recent moment when you found yourself expressing anger, frustration, or irritation. Dive deeper by asking yourself if there is more to the story, or if there are other emotions that may be fueling what’s showing on the surface. Add that to the bottom of the iceberg.

EMOTION EXAMPLES:
Embarrassed, afraid, insecure, anxious, ashamed, worried, lonely, insulted, nervous, exhausted, numb, disappointed, resentful, helpless, guilty, threatened, rejected, sad, discouraged, confused, restless.

There are no “bad” emotions.