

"WHEN ANGER TAKES OVER" ICEBERG



WHAT PEOPLE CAN SEE



YOU SHOUT
OR YELL



YOU HIT, KICK
OR PUSH



YOU SLAM DOORS
OR THROW THINGS



YOU SAY THINGS
YOU DO NOT MEAN



YOUR BODY FEELS
OUT OF CONTROL

WHAT MIGHT BE HAPPENING UNDERNEATH



YOU FEEL WORRIED,
SCARED OR UNSAFE



THINGS FEEL TOO LOUD
OR TOO MUCH



YOU FEEL HURT OR
UPSET INSIDE



YOU FEEL TREATED
UNFAIRLY

YOU DO NOT FEEL
LISTENED TO



YOU FEEL TIRED
FROM TRYING



WHAT CAN HELP YOU MANAGE ANGER

MOVE TO A SAFE,
QUIET PLACE



SAY HOW YOU
FEEL, EVEN ONE
WORD

USE YOUR BODY TO CALM
DOWN - WALK, STRETCH,
SQUEEZE SOMETHING



ASK FOR HELP
WHEN THINGS
FEEL TOO BIG

SLOW YOUR
BREATHING TO HELP
YOUR BODY SETTLE



LEARN CALMING
SKILLS WHEN YOU
FEEL CALM

IMPORTANT MESSAGE

Anger does not mean something is wrong with you.

Anger is a sign that something feels too hard right now.

With support and help, you can learn ways to handle anger safely and feel more in control.

www.SocialWorkersToolbox.com

MY ANGER ICEBERG WORKSHEET



WHAT PEOPLE SEE (MY ACTIONS)

Tick or write what you do when you're angry:



SHOUT OR YELL



HIT, KICK OR PUSH



SLAM DOORS/ THROW THINGS



SAY MEAN THINGS



BODY FEELS OUT OF CONTROL

OTHER:

WHAT'S HAPPENING UNDERNEATH (MY FEELINGS)

Tick or write the feelings you have inside:



WORRIED OR SCARED



TOO LOUD/TOO MUCH



HURT OR UPSET INSIDE



TREATED UNFAIRLY



NOT LISTENED TO



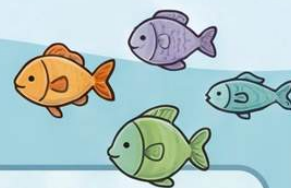
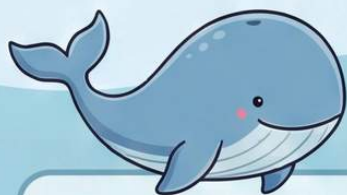
TIRED FROM TRYING

OTHER:

.....

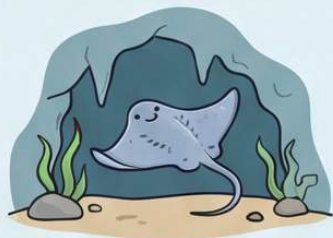
.....

MY CALM OCEAN: MANAGING ANGER



MY CALMING STRATEGIES (WHAT HELPS ME)

Circle or write things that help you calm down:



MOVE TO A SAFE, QUIET PLACE



USE MY BODY TO CALM DOWN



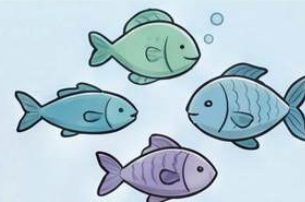
SLOW MY BREATHING



SAY HOW I FEEL



ASK FOR HELP



LEARN CALMING SKILLS

OTHER:

.....

MY PLAN FOR NEXT TIME

WHEN I FEEL ANGRY, I WILL TRY TO...

SOMEONE WHO CAN HELP ME IS...

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

www.SocialWorkersToolbox.com

Free social work
resources for
direct work



FOLLOW US ON **FACEBOOK** TO STAY FULLY
UP TO DATE WITH NEW DOWNLOADS:

Free
social work
resources for
direct work



**Social Work Tools and Resources
- Free; Socialworkerstoolbox.com**

©EDITA STIBOROVA (2026) This printable PDF document may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to its content.

You are not permitted to upload this resource to your own website or to social media. You may include a link from your website, social media page, or group to ours.

You may share our resources from our Facebook page using the share button.