Iceberg Ahead

Explore your feelings to reveal what you see on the surface AND what’s hiding down below.
Circle the feelings that relate to how you are feeling.
Don’t see the emotion that you are feeling? Write in your own.

ANGER

Outraged
Furious
Irritated
Agitated
Frustrated

Guilty
Anxious
Embarrassed
Incapable
Nervous
Heartbroken
Unappreciated
Jealous
Ashamed
Exhausted

Hopeless
Uncomfortable
Resentful
Frightened
Overwhelmed

YOUR Life YOUR Voice
www.yourlifeyourvoice.org