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.



Anxious

Unappreciated **Embarrassed**

Jealous

Incapable **Frightened**

Heartbroken

Uncomfortable **Ashamed**

> **Exhausted** Guilty

> > **Hopeless**

Overwhelmed

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