

UNDERLYING ANGER

What's going on under the surface when people are angry?

Some people are like volcanoes - their anger bubbles up until they explode. Other people are more like icebergs - the majority of their feelings are hidden beneath the surface.

Usually we see what's on the surface - the anger - but we don't always know what's going on at a deeper level, either inside the volcano or underneath the iceberg.

Often we find:

- Hurts
- Needs
- Fears



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A small thing can trigger anger. By understanding that there is more beneath the surface you can start to make sense of your own and other people's behaviour.



It's difficult to communicate well from anger. Speaking about needs can increase empathy for ourselves and others and be more effective. It can take courage to speak from a place of vulnerability.