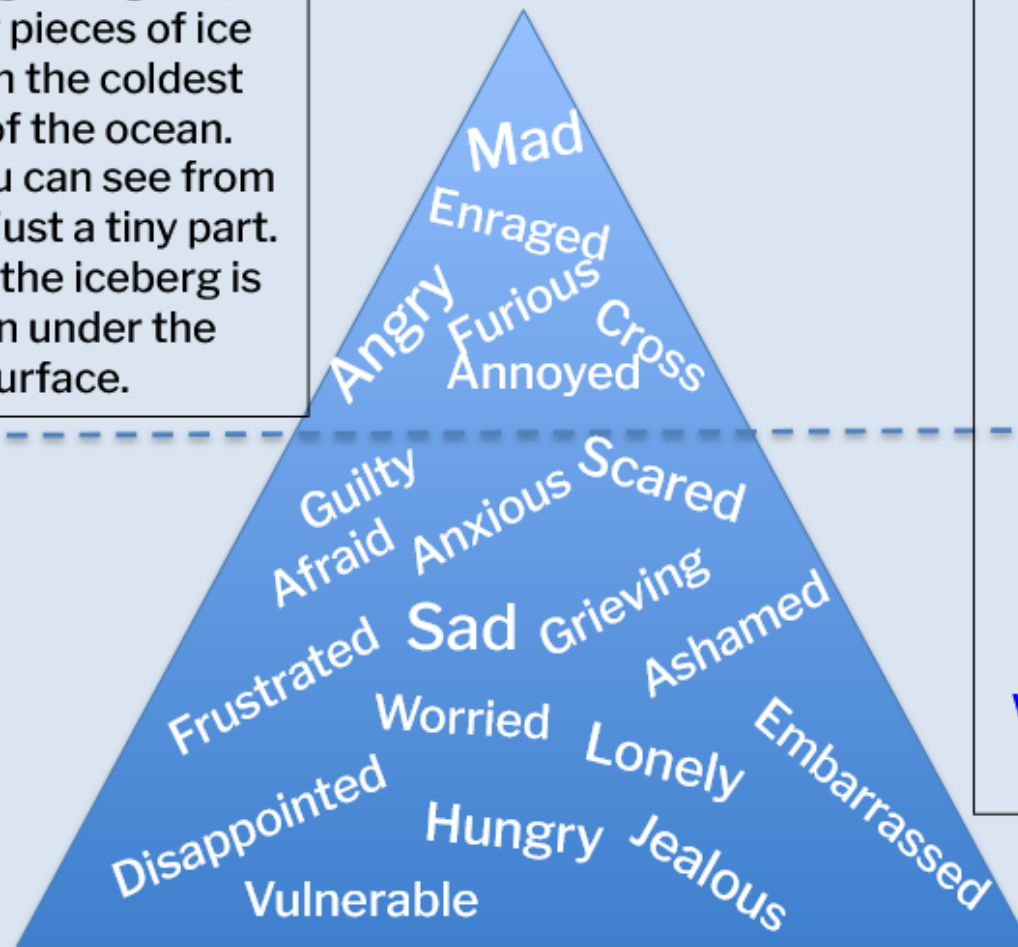


Anger Iceberg

Icebergs are giant, floating pieces of ice found in the coldest parts of the ocean. What you can see from above is just a tiny part. Most of the iceberg is hidden under the surface.

When we are angry, there are often other emotions under the surface



Our emotions affect our body sensations, thoughts and behaviours. What changes do you notice?

