

# Anger Iceberg

In some families, anger is seen as more acceptable than other emotions. A person might express anger in order to mask emotions that cause them to feel vulnerable, such as hurt or shame.

Anger triggers are people, places, situations, and things that set off anger. Your triggers can provide clues about the emotions behind your anger.

Anger is an emotion that tends to be easy to see. However, anger is often just the tip of the iceberg. Other emotions may be hidden beneath the surface.

Anger may be fueled by different emotions at different times, or by a combination of emotions. Sometimes, however, anger is just anger.



Listen and reflect what you are hearing... you don't have to FIX IT!!!

# The Feelings Wheel

Kaitlyn Robb



# Children's Bill of Rights

1. The right to be treated as an interested and affected person and not as a pawn or possession.
2. The right to love each parent without feeling guilt, pressure, or rejection.
3. The right to love, care, discipline, and protection from both parents.
4. The right to not choose sides or be asked to decide where they want to live.
5. The right to express their feelings about the divorce, such as anger, sadness or fear.
6. The right to a positive and constructive ongoing relationship with each parent.
7. The right to not make adult decisions.
8. The right to remain a child, without being asked to take on parental responsibilities or be an adult companion or friend to parents.
9. The right to the most adequate level of economic support that can be provided by the best efforts of both parents.
10. The right to not participate in the painful games parents play to hurt each other or be put in the middle of their battles.

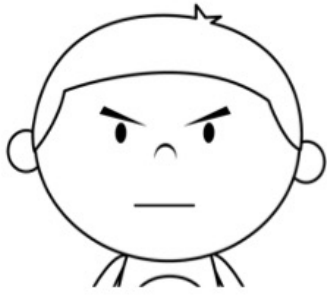
*These ten basic rights were established by the Wisconsin Supreme Court for children whose parents are divorcing/legally separating or already divorced/separated.*



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# Character Emotions Chart



angry



bored



confident



confused



curious



disappointed



embarrassed



excited



happy



hurt



jealous



kind



sad



scared



surprised



worried

# Reflective Listening

*For a better and deeper understanding  
To identify facts and feelings  
**To create a stronger connection***

*“What I am hearing is that you feel..... because.....”  
“It sounds like you are feeling..... because.....”*

1. Things never go well for me!
2. I don't know what to do. I lost my tablet and mom is going to be so mad!
3. I'm really worried about mom. She drinks a lot and I have to put my little sister to bed and wake them up for school.
4. I don't know what's going on with my friend. She used to be happy but now she gets in trouble and starts fights at school. I think it's because of her awful teacher.
5. Dad just doesn't listen when I tell him how much I hate school.
6. I just wrecked dad's car. He's going to kill me!
7. He told the teacher that I hit him. I swear I didn't, he's a liar!
8. All the kids at school already have their friends. No one likes a new kid. I hate that I had to move here.
9. She lied to me! She told me that she wouldn't tell anybody what we did.
10. I'm stupid and nobody likes me. I can't do anything right.

