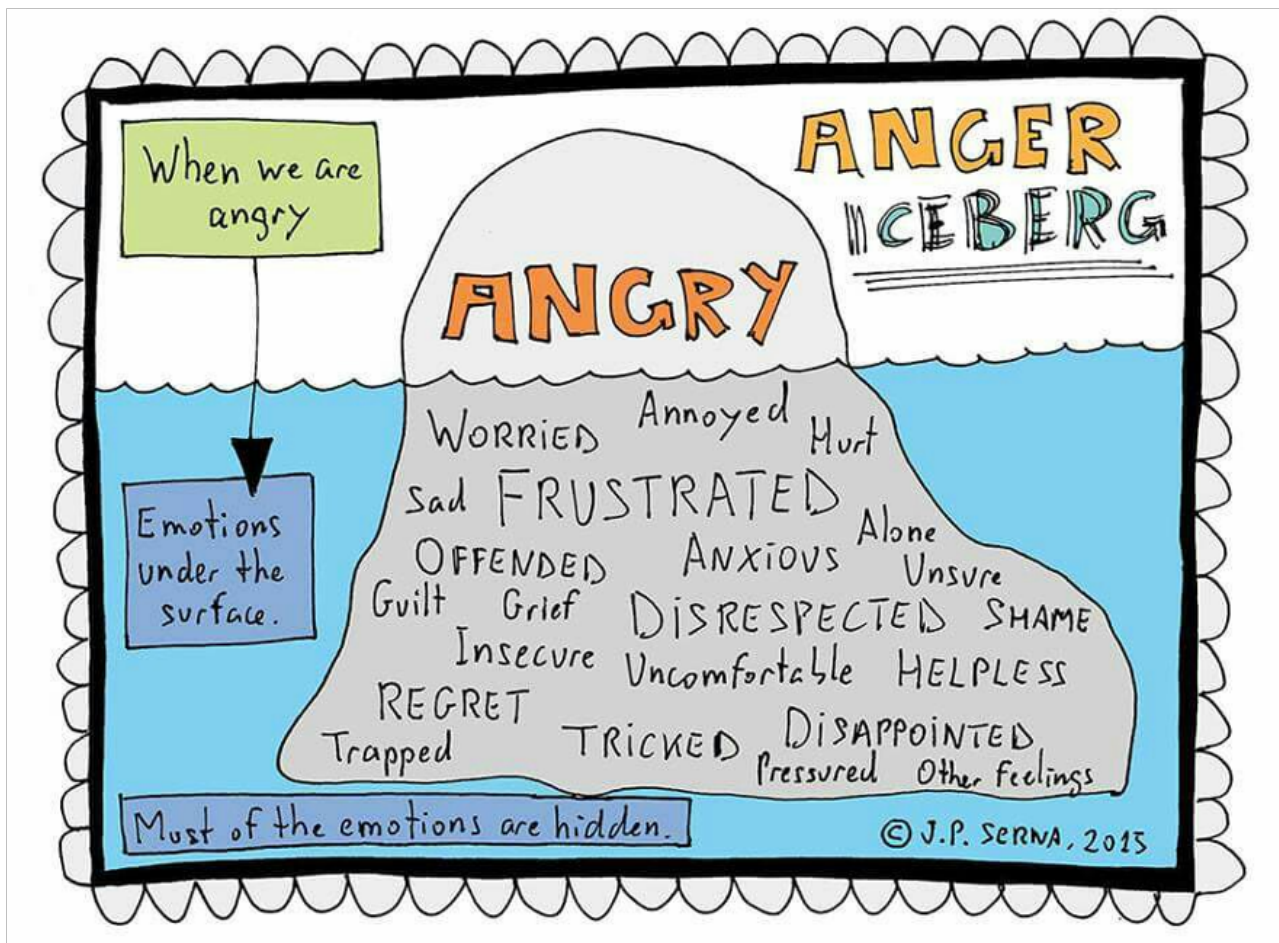


Exploring Emotions | Anger Iceberg

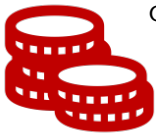
Anger is considered a secondary emotion because it is often a response to a primary emotion, such as hurt, fear, or frustration. Understanding anger as not only a basic, valid emotion, but also as a protector of our raw feelings, will prompt us to look closer below the surface. The anger iceberg model illustrates that anger is often a first reaction to a deeper emotional issue. Recognising and addressing issues below the surface that is causing the anger is often a crucial first step towards effectively managing challenging interactions.



Typical Causes of Anger and Distress



Blocking: Blocking refers to a situation where a person's goals, needs, or desires are being thwarted or prevented from being met. This can lead to feelings of frustration, disappointment, and anger. For example, if an employee's request for a promotion is denied, they may feel blocked in their career advancement and experience anger or distress.



Financial: Financial stress can be a significant cause of anger and distress. This can include concerns about job security, income, and expenses. For example, if an individual is struggling to make ends meet, they may feel overwhelmed by financial stress and become angry or distressed.



Treatment: The way a person is treated by others can be a major cause of anger and distress. For example, if an individual feels that they are being treated unfairly or disrespected, they may experience anger or distress. This can also include situations where a person feels that they are being treated differently based on their race, gender, or other personal characteristics.



Target: The target of anger and distress can also be a cause. For example, if an individual's anger is directed towards a specific person or group of people, it can be caused by a perceived injustice or wrong that they have experienced. This can include feelings of betrayal, injustice, or resentment.



Threats: Threats can also be a cause of anger and distress. This can include threats to a person's physical safety, emotional well-being, or financial security. For example, if an individual feels threatened by a co-worker's aggressive behaviour, they may experience anger or distress. Additionally, if an individual feels that their job is at risk, they may experience distress and anger.