

# Iceberg of Emotion

Secondary  
Emotion

ANGER  
FRUSTRATION  
ATTACK DEMAND  
CRITICAL JUDGE CONTROL  
IRRITATION UPSET AVOID BLAME  
FIX INTELLECTUALIZE COMPLAIN  
AGGRESSIVE HOSTILE DISMISSIVE  
WITHDRAW STONEWALL NUMB HIDE QUIET

Primary  
Emotion

Fear Sadness Hurt Pain Lonely  
Shame Rejected Isolated Unsafe  
Helpless Hopeless Empty  
Inadequate Abandoned  
"I'm not ok" "I'm failing you"  
"I don't matter" "I'm bad"  
"I'm not good enough"