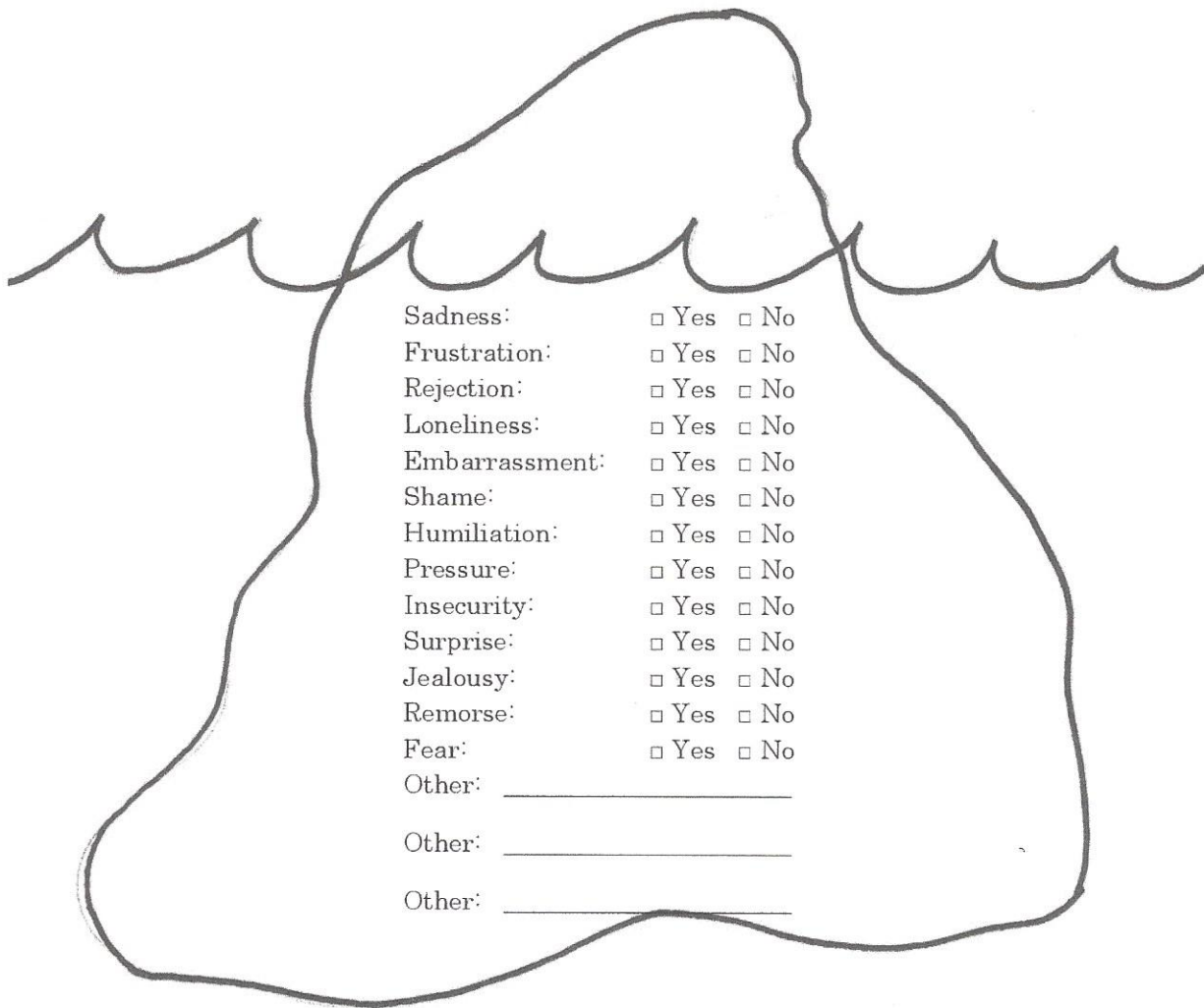


# Emotions Below The 'Tip Of The Iceberg'

Most of us only show a few emotions on a day-to-day basis. However you may have many emotions that you keep below the surface. Use this worksheet to think about emotions that you have frequently, but don't show to others.

## Below The Surface:

Check off all the emotions you keep "below the surface" and add others that aren't listed.



Sadness:             Yes    No  
Frustration:        Yes    No  
Rejection:          Yes    No  
Loneliness:         Yes    No  
Embarrassment:    Yes    No  
Shame:              Yes    No  
Humiliation:        Yes    No  
Pressure:           Yes    No  
Insecurity:          Yes    No  
Surprise:           Yes    No  
Jealousy:           Yes    No  
Remorse:           Yes    No  
Fear:                Yes    No  
Other: \_\_\_\_\_  
Other: \_\_\_\_\_  
Other: \_\_\_\_\_