# THE ANGER ICEBERG REVISITED USING A TRAUMA INFORMED LENS

Our current exploration of underlying emotions is just the tip of the iceberg.

Iceberg calving is the process of large chunks of ice being discharged into the ocean from ice shelves. Here it is a metaphor for the way we have separated the individual experience of distress from its broader origins. Exploring deeper levels opens up new pathways for healing our individual and collective wounds.

#### **Behaviours/Emotions**

(Stress responses; coping strategies; societally acknowledged emotions (limited in range), miscues. This level may be the target of tone policing or pathologising).

## The Unspeakable & Unacknowledged

(Nuances of emotional distress, unmet need for safety, regulation, attachment, attunement, justice; defenses). Anger/Agression

scared grief embarrassed
shame tricked frustrated depressed
grumpy overwhelmed stressed
rejected distrustful disgusted helpless
guilt attacked trapped
nervous anxious annoyed unmet needs
exhausted disrespected regret
envious hurt insecure worried
unsure lonely uncomfortable
disappointed offended

Sunlight level:

nitial exploratior

Trauma, abuse and adversity, attachment difficulties and disruption, toxic stress

### Twilight level:

Hidden depths

# Current, Historical & Intergenerational Trauma

(systems of dominance, social issues, violence, poverty, patriarchy, racism, colonialism, dispossession, slavery, genocide, war, terrorism, climate change)

HIDDEN TREASURE WITH TRACEY FARRELL

### Midnight level:

Requires deep dives into the collective shadow