

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: _____