

Anger Iceberg

Anger and Blame

I don't like it when...

I resent...

I hate it when...

I'm fed up with...

I'm tired of...

I really get mad when...

I want to strike out when...

Hurt and Sadness

I feel sad when...

I feel hurt because...

I feel awful because...

I feel disappointed because...

I feel like crying when I think...

I feel so hurt that ...

I feel betrayed when...

Fear and Insecurity

I feel afraid when...

I am afraid that...

I feel scared because...

I am scared when...

I become afraid when I think that...

I feel scared when I remember...

My greatest fear about us is...

Guilt and Responsibility

I am sorry that...

I am sorry for...

Please forgive me for...

I did not mean to...

I made a mistake when...

I know I was wrong for...

I really regret that I...

Love, Forgiveness, Understanding

I love you because...

I love when...

Thank you for...

I understand that...

I forgive you for...

I want to work it out because...

I want for us to...