THE ANXIETY ICEBERG

STRUGGLING TO GET OUT OF BED LOW MOOD

NEGATIVITY

OVERPLANNING

CRYING

ANGER AND DEFIANCE

WHAT YOU SEE

APOLOGISING

OVER

QUIET

(BEHAVIOR)

AVOIDANCE

HOPELESS

WHAT YOU

(FEELINGS)

OVERWHELMED

SADNESS

DON'T SEE

INSECURITY

REGRET GRUMPY

DISAPPOINTMENT

HURT REJECTED

UNCOMFORTABLE

ATTACKED GRIEF

DIFFICULTY WITH FOCUS

JEALOUS CONFUSED

LONELINESS

SCARED

HELPLESS

INTRUSIVE THOUGHTS

LOW SELF WORTH

DISGUSTED SHAME

FRUSTRATED

TIRED GUILT