

## Iceherg Worksheet

Name:		Date:	Worksheet #:
		e the same number that you put on the MATRIX Ving this worksheet. Complete all items as thoroug	
1.	a b	feelings associated with the grievance (from your grie	, 
2.	pushed a b	trigger words or behaviors that your "villain" used (Nu your button (see Iceberg Beliefs Worksheet for Refe	rence List)
3.	a b	belief(s) that were brought up by the "villains" behavi	,
4.	Write a	narrative about that belief and how it is not true.	

5. What could you believe about yourself instead? (An Expansive Thought in present tense)

I am...