

Iceberg Worksheet

Name: _____ Date: _____ Worksheet #: _____

Use the same number that you put on the MATRIX Worksheet for which you are using this worksheet. Complete all items as thoroughly and openly as you can.

1. List the feelings associated with the grievance (# 3 from your grievance worksheet).
 - a. _____
 - b. _____
 - c. _____
2. List the trigger words or behaviors that your “villain” (# 1 on grievance worksheet) used that pushed your button (see Iceberg Beliefs Worksheet for Reference List)
 - a. _____
 - b. _____
 - c. _____
3. List the belief(s) that were brought up by the “villain’s” behavior (refer to Iceberg Beliefs worksheet)
 - a. _____
 - b. _____
 - c. _____
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...