



The Iceberg Model – Reflection Worksheet

Think of a situation where you said or did something you later reflected on. Use this worksheet to explore what was going on beneath the surface.

Tip of the Iceberg – Visible Behaviour

What did I say or do in the situation?

Thoughts

What beliefs or interpretations was I holding at the time?

Feelings

What emotions was I experiencing?

Attitudes

What underlying mindset or attitude influenced my behaviour?

Values

What was important to me in that moment? What value might have felt threatened?

Assumptions

What did I assume about myself, others, or the situation?

Identity

How was my sense of self affected or challenged? What identity did I feel was at stake?