THE ICEBERG 1.

- Only 1/10 of an iceberg can be seen above the water.

- People are like icebergs, we can only see the outside stuff - the things people DO.

- The other bits never get seen by other people, this is the inside stuff - the things people THINK and FEEL.
THE ICEBERG 2.

- What we THINK and FEEL (the inside stuff) is joined up to what we DO (the outside stuff).

- The inside stuff is just as much a part of us as the outside stuff. It’s just invisible.

- So, if we want to change what we DO, we have to change the way we THINK and the way we deal with our FEELINGS.