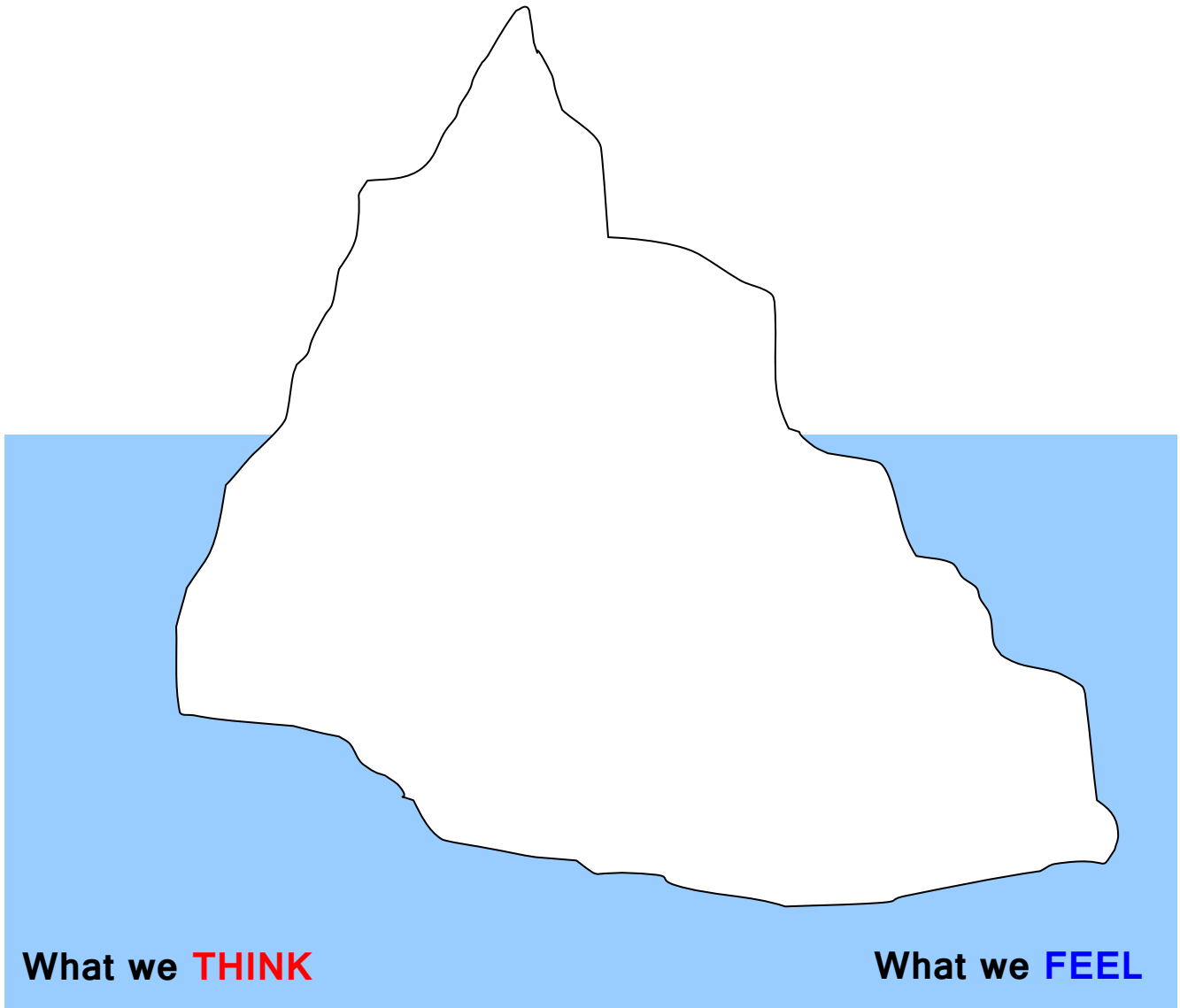


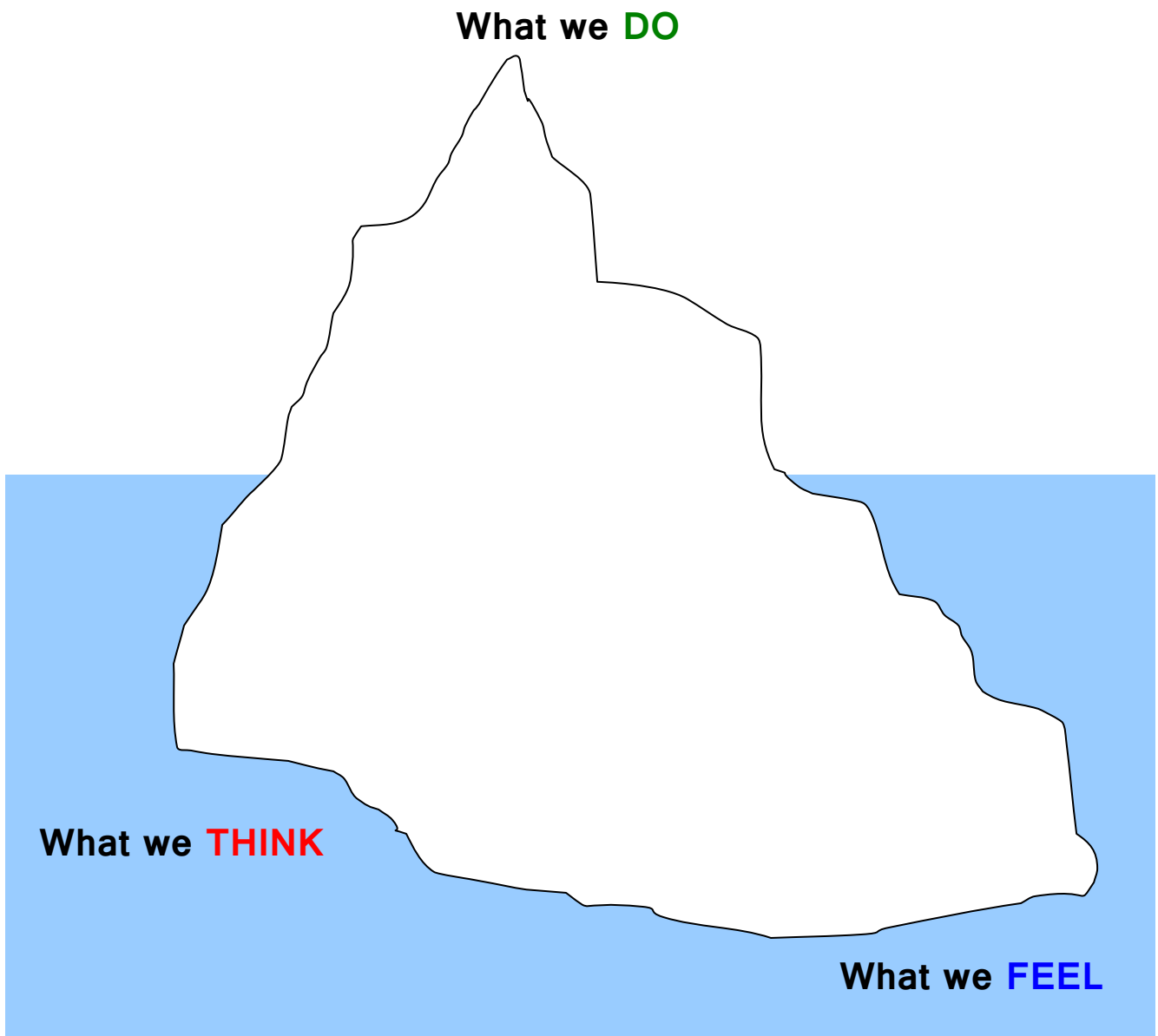
THE ICEBERG 1.

What we **DO**



- 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**.