Personal Iceberg Metaphor
of the Satir Model

Behavior, Action, or Story

Coping (stances)

Feelings
(joy, excitement, enchanted, anger, hurt, fear, sad)

Feelings about Feelings
(decisions about feelings)

Perceptions
(beliefs, assumptions, mind-set, subjective reality)

Expectations
(of self, of others, from others)

Yearnings (Universal)
(loved, lovable, accepted, validated, purposeful, meaning, freedom)

Self: I Am
(life force, spirit, soul, core, essence)


© Carl Sayles, PsyD 2005