

The Behavior Iceberg

What We Can See



The visible portion of the iceberg, representing behaviors that are observable, includes the following terms:

- verbal abuse
- running
- crying
- hiding
- self-injury
- self-isolation
- avoidance
- refusal
- violence
- threatening
- screaming
- aggression
- frustration

What We Cannot See



The hidden portion of the iceberg, representing underlying factors that are not directly observable, includes the following terms:

- home life
- change
- fear
- financial pressure
- physical health
- exhaustion
- substance use or withdrawal
- environmental factors
- cultural differences
- miscommunication
- stress
- trauma
- poor mental health
- unmet needs