

# ANGER MANAGEMENT of BEVERLY HILLS

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## AN ANGER LOG

Everyone can use an anger log to record anger episodes for their own review of progress. A full log is provided for your use with the Study Questions. Fill out the log based on a recent anger episode, be honest and accurate, its only for your use. Do the same for future anger episodes. Review the log yourself, look for improvements, or places to improve. It puts anger into a concrete object, to help you get a handle on your response to anger.

**Date** \_\_\_\_\_

Intensity Scale: Low- 1 2 3 4 5 6 7 8 9 10 - High

Physical Signs:

Behavior Signs:

Situation:

Did you take a Time-Out? \_\_\_\_Yes \_\_\_\_NO

Comments:

Did you: \_\_\_\_Stuff \_\_\_\_Escalate \_\_\_\_Direct/process

Comments:

"I" Statements

Right now, I'm feeling:

Physical Activity:

Alcohol or Drug use? \_\_\_\_Yes \_\_\_\_NO

Comments about the episode: