

AN ESCALATION DIARY

Use this diary (and make some extra copies if you wish) as a way to start noticing your anger cues and triggers as you go through your days. Many of these categories directly correlate to the categories on your *Escalation Prevention Plan* and can be transferred directly to the cue categories on the *EPP*.

Day of Week/ Time of Day	Situation (What happened?/ Where?/Who was involved?)	Anger Intensity (1-10)	What physical sensations did you experience?	What other feelings was your anger hiding from you?	What were you thinking?	What did you do? How did you respond to your angry feelings?	Grade your- self on what you did (A-F)	What could you do differently the next time something like this occurs?