

ANGER MANAGEMENT PROTOCOL

Client's name _____ Email _____

Phone # _____

_____ Client to fill out demographics and consent to participate

_____ Client to complete Anger Mgmt Inventory

_____ Client to pay in advance of scheduling \$895

_____ Client to schedule 1 initial interview appt
8 anger mgmt sessions

_____ Provide client with anger management workbook

Total payment _____ Cash _____ Check _____ Credit Card _____

Client Responsibility:

- **Before attending the initial interview, complete the Anger History Inventory and bring with you.**
- **Before attending your first individual session, read Chapter 1 of your workbook and complete the assignments in the chapter.**

ANGER MANAGEMENT

Demographics:

Name: _____

Mailing address: _____

City, State & Zip _____

Phone numbers:

Home: _____ Work: _____

Cell. _____

Emergency Contact: _____

Name

Phone #

E-mail address: _____

Consent to Participate:

I, _____, do hereby consent for the staff at Hendrick Counseling to provide me services. I understand that all services received by this provider are voluntary and at my election. I affirm that I am a willing participant.

Signature: _____ Date: _____

Registration Screening

Date: _____

Client Name: _____

Age _____

What kind of work do you do? _____

Married, Single, Divorced, Widowed

Why are you in anger management? _____

In what areas of your life is anger an issue? _____

Are you in therapy? _____

With whom & for how long? _____

Do you take medications? _____

Name, dosage & who prescribes? _____

Are alcohol and drugs related to your anger management issues? _____

Do you have any questions about the program? _____

Anger History Inventory

This inventory should be completed at the start of your anger management program and then reviewed later so you can see to what extent your thinking, feelings, and behavior have changed as you practice and apply the eight tools of anger control.

1. Please describe the incident or reasons why you decided you needed help with your anger or why you enrolled in an anger management program.

2. As you think back now to what happened, what was it you really wanted to happen in that situation?

3. Anger is a form of communication. Why did you think that communicating in an angry way would get you what you wanted or needed?

4. Often anger is triggered by other emotions such as fear, frustration, or feeling overwhelmed. What feelings were you having?

5. Were you able to take some responsibility for your anger, or did you see it as entirely the fault of someone else?

6. What was the “cost” of your anger? This can be expressed in terms of emotional costs, financial costs, legal costs, relationship costs, or job costs.

• On you _____

• On your family _____

• On others _____

7. Do you have a past history of angry or aggressive behavior?
Did you grow up in a violent or angry home?

8. How could you have handled the situation better?

Client Name: _____

ANGER TOOLS COMPLETED

_____ Anger Tool #1 Dealing with Stress

_____ Anger Tool #2 Empathy

_____ Anger Tool #3 Respond instead of React

_____ Anger Tool #4 Change that Conversation
with Yourself

_____ Anger Tool #5 Assertive Communication

_____ Anger Tool #6 Adjust those Expectations

_____ Anger Tool #7 Forgive, But Don't Forget

_____ Anger Tool #8 Retreat & Think Things Over