412COUNSELING

Date: _____

Day of the Week: _____

1. Anger / Irritation Log

- **Did I experience anger, irritation, harshness, or elevated tone today?**
  ☐ No
  ☐ Yes → Describe:
    - **Trigger:** _____
    - **What I wanted (James 4):** _____
    - **Thought I heard in my mind:** _____
    - **Did I use the 60-Second Pause?** ☐ Yes ☐ No
    - **My response:** _____
    - **Did I repent?** ☐ Yes ☐ No
    - **Impact on my spouse/family:** _____

2. Moments of Growth

List **at least one**:

- A moment of gentleness: _____
- A moment of spiritual leadership (prayer, encouragement): _____
- A moment where I controlled my tone: _____

3. Temptations / Thoughts Captured

- **What lie did I notice today?** _____
- **What truth replaced it?** _____

4. Confession & Ownership

- **One thing I need to confess to God:** _____
- **One thing I need to confess to my spouse:** _____

5. Checkboxes

- Did I lead spiritually today? (prayer, Scripture, affection) ☐ Yes ☐ No
- Did I take responsibility for my tone and actions? ☐ Yes ☐ No
- Did I blame or excuse myself today? ☐ Yes ☐ No
- Did I love sacrificially today? ☐ Yes ☐ No

HEART JOURNAL – "THE THREE ROWS" (James 4)

WHAT I WANTED

"What desire ruled my heart today?"

- _____
- _____

WHAT I BELIEVED

"What lie did my heart listen to today?"
(e.g., "I'm being disrespected," "I deserve better," "I'm being attacked," "I shouldn't have to deal with this")

- _____
- _____

WHAT I CHOSE

"How did that desire shape my reactions, tone, or actions?"

- _____
- _____

WHAT IS TRUE (Scripture)

"What Scripture truth applies to that desire or lie?"

- _____

5. THE WAY OF REPENTANCE

"What will I choose tomorrow instead?"

- _____