

# COGNITIVE-BEHAVIORAL THERAPY (CBT)

## CBT THERAPY SESSION NOTES TEMPLATE

### 6 TABS INCLUDED



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**Session Information**

Client: [Name] Date: [Date]  
Session Number: [Number] Session: [Time]

**Goals**

Outline a general overview of session objectives.  
Identify client's current emotional state.  
Review client's progress on homework assignments.  
Identify and challenge automatic negative thoughts.

**Homework**

The client completed using cognitive-behavioral techniques between sessions in regular sessions. It is promising to see their progress against the homework and being.

**Cognitive-Behavioral Techniques**

Technique	Definition	Guidance
Self-Monitoring	Ask the client to identify up to 5 specific situations in their life.	Ask the client to identify up to 5 specific situations in their life.
Thought-Feeling	Ask the client to identify up to 5 specific situations in their life.	Ask the client to identify up to 5 specific situations in their life.
Thought-Feeling	Ask the client to identify up to 5 specific situations in their life.	Ask the client to identify up to 5 specific situations in their life.
Thought-Feeling	Ask the client to identify up to 5 specific situations in their life.	Ask the client to identify up to 5 specific situations in their life.

**Emotional Regulation Techniques**

How would you describe your current emotional state?  
Can you identify what the situation you're experiencing right now?  
How do you feel about this situation in general?  
Can you identify any self-protective strategies that you're using?

**Understanding Emotions**

How would you describe your current emotional state?  
What do you think is causing this emotion?  
Can you identify the primary emotion you're feeling right now?  
Are there any physical sensations associated with your emotion?  
How do you typically react to this emotion?

Emotional Regulation | Goals | Homework

# Sample Of Cbt Session Note

**Daniel F McAuley**



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