

# CBT THERAPY PROGRESS NOTE STATEMENTS

**1100+  
Statements**

## **Adjustment Disorders**

- Used CBT techniques to identify and challenge negative thoughts related to the adjustment.
- Conducted sessions on problem-solving skills to manage the stress of life changes.
- Facilitated discussions on developing healthy coping strategies for dealing with the adjustment.
- Used cognitive restructuring to replace maladaptive thoughts with more balanced ones.
- Conducted sessions on mindfulness techniques to reduce anxiety related to adjustment.
- Recommended relaxation exercises to manage stress from adjustment.
- Facilitated discussions on setting realistic goals and expectations during the adjustment period.
- Conducted sessions on building resilience and adapting to new situations.
- Used thought records to track and challenge negative thoughts related to adjustment.
- Conducted sessions on developing a support network during periods of adjustment.
- Recommended journaling to process emotions related to adjustment.
- Facilitated discussions on the impact of adjustment on daily functioning and well-being.
- Used guided imagery to reduce stress related to adjustment.
- Conducted sessions on developing time management skills to handle new responsibilities.
- Recommended the use of positive affirmations to build confidence during adjustment.
- Facilitated discussions on balancing new demands with self-care.
- Used exposure therapy to reduce fear related to new situations.
- Recommended deep breathing exercises to manage in-the-moment stress from adjustment.
- Conducted sessions on developing coping strategies for managing change.
- Facilitated discussions on the importance of self-compassion during adjustment.
- Used behavioral activation to increase engagement in positive activities.
- Recommended the use of a planner to organize new tasks and responsibilities.
- Conducted sessions on managing expectations from self and others during adjustment.
- Facilitated discussions on identifying and managing triggers related to adjustment stress.
- Used role playing to practice assertiveness in new situations.

## **Alcohol Use Disorder**

- Used CBT techniques to identify and challenge thoughts leading to alcohol use.
- Conducted sessions on developing coping strategies to manage cravings and triggers.
- Facilitated discussions on the impact of alcohol use on daily functioning and relationships.
- Used cognitive restructuring to replace maladaptive thoughts with healthier ones.
- Conducted sessions on building motivation for change and setting sobriety goals.
- Recommended participation in support groups such as AA for additional support.
- Facilitated discussions on developing a relapse prevention plan.

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# Sample Cbt Progress Note On Anger Management

**Xiaolong Qi**



**Sample Cbt Progress Note On Anger Management:**

## **Sample Cbt Progress Note On Anger Management** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Sample Cbt Progress Note On Anger Management**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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