

CBT THERAPY SESSION NOTES TEMPLATE

6 TABS INCLUDED



Feedback Analysis				
Issue	Issue's Impact	Cause	Solution	Priority/Status
Lack of communication	Missed deadlines, misunderstandings	Unclear roles, no regular updates	Establish clear communication channels, hold regular team meetings	High
Poor time management	Procrastination, missed deadlines	Overcommitting, no prioritization	Create a to-do list, prioritize tasks, use time-blocking	Medium
Inconsistent effort	Unreliable work, missed deadlines	Lack of motivation, no accountability	Set clear goals, establish accountability, reward progress	Medium
Teamwork issues	Conflict, lack of collaboration	Unclear roles, no communication	Establish clear roles, encourage open communication	Medium
Problem solving	Stagnation, lack of progress	Unclear goals, no communication	Establish clear goals, encourage open communication	Medium
Conflict resolution	Stagnation, lack of progress	Unclear goals, no communication	Establish clear goals, encourage open communication	Medium
Stress management	Stagnation, lack of progress	Unclear goals, no communication	Establish clear goals, encourage open communication	Medium
Goal setting	Stagnation, lack of progress	Unclear goals, no communication	Establish clear goals, encourage open communication	Medium
Self-motivation	Stagnation, lack of progress	Unclear goals, no communication	Establish clear goals, encourage open communication	Medium
Work-life balance	Stagnation, lack of progress	Unclear goals, no communication	Establish clear goals, encourage open communication	Medium
Continuous improvement	Stagnation, lack of progress	Unclear goals, no communication	Establish clear goals, encourage open communication	Medium
Conclusion	Stagnation, lack of progress	Unclear goals, no communication	Establish clear goals, encourage open communication	Medium

Sample Of Cbt Session Note

**Carolyn I. Rodriguez, M.D.,
Ph.D., Randy O. Frost, Ph.D.**



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