

# COGNITIVE-BEHAVIORAL THERAPY (CBT)

## CBT THERAPY SESSION NOTES TEMPLATE

### 6 TABS INCLUDED



GOOGLE  
SHEETS

**Session Information**

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Session Number: \_\_\_\_\_ Session: \_\_\_\_\_

**Goals**

Outline a general outline for session goals.  
Specify (brief) what the client's (personal) objectives are.  
Specify (brief) what the client's (personal) objectives are.  
Specify (brief) what the client's (personal) objectives are.

**Cognitive-Behavioral Techniques**

Technique	Definition	Guidance
Self-Monitoring	Ask the client to monitor up to 5 specific aspects of their mood.	Ask the client to add a goal to self-monitoring.
Thought-Feeling	Ask the client to monitor up to 5 specific aspects of their mood.	Ask the client to add a goal to self-monitoring.
Thought-Feeling	Ask the client to monitor up to 5 specific aspects of their mood.	Ask the client to add a goal to self-monitoring.
Thought-Feeling	Ask the client to monitor up to 5 specific aspects of their mood.	Ask the client to add a goal to self-monitoring.

**Homework**

How would you describe your current emotional state?  
Can you identify what the emotions you're experiencing right now?  
How would you describe your current emotional state?  
Can you identify what the emotions you're experiencing right now?  
How would you describe your current emotional state?  
Can you identify what the emotions you're experiencing right now?

# Sample Of Cbt Session Note

**DJ Losen**



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thorough knowledge of all the line types the information displayed on a floorplan includes typographic features the rights of way property lines easements and north arrow lines there are different symbols for different types of

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