

SESSION NOTES CHEAT SHEET

S: Subjective

Sentences categorized by:
Mood, Behavior, Thoughts & Coping Mechanisms

O: Objective

Sentences categorized by:
Behavioral, Emotional, Cognitive & Physiological

The screenshot shows a Google Sheet with the following structure:

- Sheet Name:** S Subjective
- Description:** The subjective section focuses on what the client reports during the session. This includes their feelings, thoughts, concerns and descriptions of their experiences after shared through verbal communication. The purpose of this section is to capture the client's perspective, allowing therapists to gain insight into their emotional state, thoughts, and behaviors.
- Columns:**
 - #:** Row number (1-30)
 - Category:** Subjective categories (e.g., Mood, Behavior, Thoughts, Coping Mechanisms)
 - Subcategory:** Objective subcategories (e.g., Behavioral, Emotional, Cognitive, Physiological)
 - Sample Sentences:** A list of 30 sample sentences corresponding to the categories.

A: Assessment

Sentences categorized by
Symptom Progress, Client Engagement, Behavioral Patterns, and Treatment Coping

P: Plan

Sentences categorized by Goals & Focus, Interventions & Techniques, Homework & Assignments, Follow-Up Plans

Guide Cheat Sheet Progress Notes

Sebastian Brünink



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