

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:** Mood, Behavior, Thoughts, Coping Mechanisms
 - Subcategory:** (Empty)
 - Sample Sentences:** A list of 30 sample sentences corresponding to the categories.

Sample Sentences:

- The client said they've been more tired lately since starting therapy.
- The client expressed feelings of surprise and gratitude following unexpected kindness from others.
- The client expressed relief after finishing a difficult conversation with a loved one.
- The client described feeling more optimistic about their future after recent therapy sessions.
- The client felt more motivated by challenges during their attempts to learn.
- The client mentioned fluctuating between hope and frustration during periods of self-reflection.
- The client feels overwhelmed and unsure about managing responsibilities of their childhood.
- The client expressed gratitude for the opportunity to share their thoughts without judgment.
- The client reports feeling empowered and confident about setting new strategies to meet their goals.
- The client shares feelings of concern about maintaining relationships amidst personal growth.
- The client describes moments of feeling happiness when reflecting on recent achievements.
- Client expressed difficulty in concentrating on tasks.
- Client notes they often have racing thoughts, especially at night.
- Client reports feeling thoughts about past events.
- Client expresses concern lately about future events.
- Client expresses they aren't capable of achieving their goals.
- Client reports feeling overwhelmed and unsure about managing responsibilities of their childhood.
- Client struggles with self-doubt and negative self-talk.
- Client has been overwhelmed by the constant stream of thoughts.
- Client reports persistent thoughts of self-harm but denies intent.
- Client frequently struggles with distractions and gets stuck in overthinking.
- Client says that they often feel overwhelmed by stress.
- Client acknowledges spending thoughts when feeling stressed.
- Client expresses frustration with feeling mentally foggy.
- Client reports having trouble focusing during daily activities.
- Client mentions feeling stuck in a pattern of negative thinking.
- Client states they often feel like things aren't in their hands.
- Client reports difficulty letting go of certain intrusive thoughts.
- Client often has self-critical thoughts, especially around failure.
- Client says their thoughts become chaotic when feeling overwhelmed.
- Client mentions they want reports of positive change.

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

Clifford Lane



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