

THERAPY SESSION NOTES TEMPLATE

Simple and effective session notes template for processing your therapy sessions.

1

SESSION NOTES

DATE _____

TOPICS TO BE DISCUSSED:

1. _____
2. _____
3. _____

HOW AM I FEELING TODAY?

😊 😊 😐 😞 😭

SESSION NOTES:

WHAT DOMINANT EMOTIONS DID THIS SESSION BRING UP FOR YOU?

THINGS TO WORK ON IN THE UPCOMING WEEK:

WHAT DID I FEEL GOOD ABOUT ABOUT MYSELF?

AM I ASKING OF MY MENTAL HEALTH FOR THIS WEEK?

☆☆☆☆☆

2

SESSION NOTES

DATE _____

TOPICS TO BE DISCUSSED IN TODAY'S SESSION:

HOW AM I FEELING TODAY?

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WHAT DOMINANT EMOTIONS DID THIS SESSION BRING UP FOR YOU?

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THINGS TO WORK ON IN THE UPCOMING WEEK:

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AM I ASKING OF MY MENTAL HEALTH FOR THIS WEEK?

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