

PROGRESS NOTE

CLIENT: _____

DATE OF SERVICE: _____

I SPOKE

- Openly
- Honestly
- Hesitantly
- _____
- _____

I FELT

- Happy
- Healthy
- Sad
- Excited
- Neutral
- Nervous
- Fearful
- Irritable
- Angry
- Embarrassed
- Understood
- Guarded
- Withdrawn
- Defensive
- Cooperative
- Manipulative
- Tired
- Bored
- Tearful
- Hopeful
- Ashamed
- Accepted
- _____
- _____

My Thoughts were

- Clear
- Scattered
- Blocked
- Racing
- Obsessive
- Worried
- _____
- _____

Concerns addressed today with my counselor: _____

Principles discussed today that were helpful: _____

Tools we discussed that I need to practice: _____

Ideas/concepts/scriptures to meditate on that apply to my situation: _____

Home work assigned today: _____

Did I complete my home work from last session? : _____

If yes, name 1 to 3 things I learned from doing my home work assignment: _____

If no, then what was the reason? _____

What insight did I gain today about my beliefs, feelings, behavior or motivations? : _____

I got to talk today about the things I wanted to: YES/NO. If No, what was the reason? _____

Things I want to share with my counselor next time: _____