ACT session note

Client | Date | Session no.

1. Brief context

What the client came with, key events.

2. Key themes and affect

Themes, feelings and body reactions named in the session.

3. Values and steps toward them

The direction in the client's words and the step she takes toward it.

4. Fusion and avoidance

The thought the client gets hooked on or the situation she avoids, and its cost.

5. Present moment, defusion and the observing self

Moments of contact with now, distance from a thought, noticing from the observer.

6. Workability

Does this strategy serve the client's values here, without arguing whether the thought is true.

7. Agreements and homework

Tasks and observations until the next session.

8. Risks

Only signals that came up. Empty if none.

9. Speech and thinking features

Anything notable in the form of speech. Usually empty.

10. Plan for the next session

What to return to.

ACT session note: filled example

Client Anna, 34 (fictional) | Date 11/12 | Session no. 4

1. Brief context

Came in after a conflict with her manager, has slept badly for a week.

2. Key themes and affect

Anxiety → "my chest tightens before planning meetings", she wants it gone.

3. Values and steps toward them

Doing work she is proud of → send the report after one check.

4. Fusion and avoidance

Fusion: "They'll fire me for a single mistake" → evenings go to checking.

5. Present moment, defusion and the observing self

Defusion → "I'm having the thought that they'll fire me", the chest eases a little.

6. Workability

Checking does not work → anxiety drops for an hour, rest and sleep are lost.

7. Agreements and homework

Name the hook → "I'm having the thought..." before each planning meeting.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Values at work beyond "not getting fired", willingness with the anxiety.