BIRP note

Client | Date | Session no.

B · Behavior

What the client said and how they behaved in the session.

I · Intervention

What you did: techniques, questions, exercises.

R · Response

How the client responded to the intervention.

P · Plan

What comes next: homework, focus of the next session.

BIRP note: filled example

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

B · Behavior

Talked about the conflict with her manager and poor sleep. **Checks reports 5 times**, speaks fast, clenches her hands.

I · Intervention

Worked through the thought **"They'll fire me for a single mistake"**: evidence for and against, the link to checking. Explained the thought record.

R · Response

Found two pieces of evidence against, **anxiety noticeably lower** by the end. Agreed to keep the record.

P · Plan

Thought record, 3 entries by Tuesday. Next session: a behavioral experiment.