CFT 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. Three emotion regulation systems

Which system led: threat, drive or soothing, and how it showed.

4. Shame and self-criticism

The critic's phrase word for word, attacking or guiding.

5. Flows of compassion and fears of compassion

To self, from others, to others, and what blocks each flow.

6. Compassionate self and practices

The practice in session, the quality it built and its effect.

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.

CFT 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".

3. Three emotion regulation systems

Threat → chest tightens before the meeting, drive keeps her checking until late.

4. Shame and self-criticism

Self-attack → "you'll mess it up again, you're useless".

5. Flows of compassion and fears of compassion

To self: fear → "if I go easy on myself, I'll get sloppy".

6. Compassionate self and practices

Soothing rhythm breathing → slower breath, "the chest let go a bit".

7. Agreements and homework

Soothing breath for a minute before each planning meeting.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Compassionate self imagery, a letter to herself about the report mistake.