DAP note

Client | Date | Session no.

D · Data

What happened in the session: the client's words and your observations together.

A · Assessment

How you understand the data: working hypothesis, progress, risks.

P · Plan

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

DAP note: filled example

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

D · Data

Came in after a conflict with her manager, has slept badly for a week. **"They'll fire me for a single mistake"**. Speaks fast, clenches her hands when work comes up.

A · Assessment

Anxiety is held up by **catastrophizing** and checking: she checks the report 5 times, anxiety drops for an hour. No risks mentioned.

P · Plan

Thought record, 3 entries by Tuesday. Next session: a behavioral experiment with the "fired" thought.