Jungian analysis 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. Complexes and affects

A complex named by its core: its affect, trigger and signs of autonomy.

4. Archetypes, images and dreams

The image in the client's words and its source, with associations kept apart.

5. Individuation and the Shadow

Shadow, persona and other axes kept apart, without labels of good or bad.

6. Holding the opposites

Where the client stays with a tension without a quick way out.

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.

Jungian analysis 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. Complexes and affects

A complex around evaluation → the chest tightens at the manager's voice, "it's stronger than me".

4. Archetypes, images and dreams

Dream: **a judge in a dark robe** → "he looked at my papers and said nothing".

5. Individuation and the Shadow

The persona of the flawless employee → **the Shadow holds her anger and the right to be wrong**.

6. Holding the opposites

Duty and the wish to rest → **"maybe I can be careful and still not check five times"**.

7. Agreements and homework

Write down dreams in the morning and bring them to the session.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Return to the judge from the dream, active imagination if she is ready.