Mindfulness 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. Mindfulness practice

Formal and informal practices, how regular they were and what got in the way, in the client's words.

4. Decentering and relating to experience

Moments of seeing a thought as a thought, turning toward the experience or turning away.

5. Autopilot and presence

Where autopilot took over and where she came back to the present.

6. Relapse signs and wise response

Early signs of a dip and how the client responded to them.

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.

Mindfulness 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. Mindfulness practice

Breathing space twice this week, during the body scan she fell asleep.

4. Decentering and relating to experience

"There's that thought again" about being fired, she stayed with the tightness in her chest.

5. Autopilot and presence

Rechecking the report in the evening on autopilot, noticed it on the fourth time.

6. Relapse signs and wise response

Bad sleep and evening rumination → a breathing space before bed, it partly helped.

7. Agreements and homework

Breathing space three times a day and before planning meetings.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Go over the practice log, turning toward the tightness in the chest.