SOAP note

Client | Date | Session no.

S · Subjective

What the client reports: concerns, events, how they feel, in their own words.

O · Objective

What you observed in the session: behavior, speech, affect. No interpretation.

A · Assessment

How you understand what is going on: working hypothesis, progress, risks.

P · Plan

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

SOAP note: filled example

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

S · Subjective

Came in after a conflict with her manager, has slept badly for a week. **"They'll fire me for a single mistake"**, worst before planning meetings.

O · Objective

Speaks fast, clenches her hands when work comes up. **Visible anxiety**, calmer by the end of the session.

A · Assessment

Anxiety is held up by **catastrophizing** and checking: she checks the report 5 times, anxiety drops for an hour, confidence does not grow. No risks mentioned.

P · Plan

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