SFBT 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. Preferred future

How the client describes life when things are better, in their words.

4. Exceptions, resources and coping

When the problem was smaller and what the client did then.

5. Scaling and progress

A 0 to 10 rating the client gave and what keeps it there.

6. Small next step

A step the client chose, and how confident they are in it.

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.

SFBT 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. Preferred future

Calm at the planning meeting → "I'd say my part and go home without rereading".

4. Exceptions, resources and coping

Last Friday she sent the report after one check → "I just decided it was enough".

5. Scaling and progress

Calm: 3/10 → "a 3, not a 1, because Friday happened".

6. Small next step

Check the report once, then close the laptop → confidence 6/10.

7. Agreements and homework

Notice → what she does when the anxiety is a little lower.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Ask what is better, and what would move the scale from 3 to 4.