TA 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. Ego states

Which ego state the client acted from and when it switched, as a hypothesis.

4. Transactions and games

The type of transaction, or a game only when the switch and payoff are visible.

5. Script and drivers

A driver, injunction or life position in the client's words.

6. Strokes and autonomy

Strokes given, asked for or discounted, and the client's own new choices.

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.

TA 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. Ego states

Adapted Child at the meeting → "I shrink like I'm at the blackboard".

4. Transactions and games

Crossed transaction: "Is the report ready?" heard as a reproach → excuses.

5. Script and drivers

"Be Perfect" → checks the report 5 times an evening.

6. Strokes and autonomy

Discounts praise: "it was luck" → **chose herself** to check the report once.

7. Agreements and homework

Notice "Be Perfect" → write down 3 moments by Tuesday.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Review the contract: **coming to the meeting from Adult**.