

Therapy Session Recap

Date: [Insert Date]

Client Name: [Insert Client Name]

Session Number: [Insert Session Number]

Session Focus

In this session, we focused on recognizing and managing anxiety triggers. The primary topics discussed included:

- Identifying specific anxiety triggers.
- Coping strategies for anxiety management.
- Mindfulness techniques for grounding.

Progress

[Insert observations on client's progress, including any improvements or challenges faced since the last session.]

Homework Assignment

For the next session, please complete the following:

- Practice mindfulness exercises daily.
- Keep a journal of anxiety triggers and responses.

Next Steps

In our next session, we will review your journal entries and discuss your experiences with the mindfulness exercises.

Additional Resources

Consider reading [Insert recommended book or article] for further insights.

If you have any questions before our next session, feel free to reach out.

Best regards,
[Your Name]
[Your Credentials]