

Session 1 (Agenda Setting Stage → Assessment Stage)



Shall we focus today on what happened at school recently?

Okay... we can talk about that.

...

I'm okay...School is fine, I guess.



Client



Client



You say you're okay, but you seem tense and exhausted. Can you tell me what has been hardest this week?

...

In-session Memory

Session 1 Record

Agenda: Discuss stressful school events.
...

Multimodal Inconsistency

Verbal: fine
Nonverbal: anxious

Session 2 (Homework Assignment Stage)



Good. This week, try this thought record sheet after each stressful study.



Okay, I can write down the thought, emotion, and a more balanced response.



Client

In-session Memory

Session 2 Record

Tool:
Thought Record Sheet
Homework:
Complete 3 thought records before next session.

Session 3 (Homework Review Stage)



How did the homework go since our last session?

I completed three records. I noticed my anxiety peaks before night study.

...



Client

Cross-session Memory

Session 2 Record

Homework: Complete...
...

In-session Memory

Session 3 Record

Homework Feedback:
All completed.