



CLIENT NAME

Deb Briggs

SESSION DATE

08/12/2025



SESSION NUMBER

Session 2 of 4



1 Check-In: Weekly Win



What was a win from your week?

Spa day for her cousin. Seven friends and

How are you arriving today?

Drank too much on Saturday, beer fear. Ruminations, did she do anything terrible. Drank whilst on sertraline. Feeling like lack of control. No-one got hurt.

2 Recap: Previous Actions



Actions from last session

☐

Action item from last session...

What went well?

meeting friend for a coffee

What could have gone better?

work-slump - loads to do and not feeling like she's achieving anything.

3 Today's Agenda



What do we want to cover today?

Feeling stuck, not getting stuff, decided to do a brain-dump.

Session Notes

Key points, insights, breakthroughs, tools discussed...

4 Goals & Next Actions



Actions for next session

☐

Worksheets - so she can fill out the foundations and energy mapping

Key insight or commitment

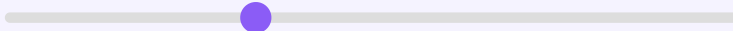
Being kinder to themselves.



5 Wrap-Up



Energy leaving session:



4/10

Next session

15/12/2025, 18:45



Coach notes (private)

Deb was a bit fed up after heavy weekend and getting drunk at Xmas party. Seemed happier end of session to have identified what she needed to get done this week

