

Therapy Session Transcript: John Smith

Date: 2025-06-04

Therapist: Dr. Jane Wilson

Dr. Wilson: Hello John, how are you feeling today?

John Smith: I've been having some trouble with anxiety this week, especially at work.

Dr. Wilson: I'm sorry to hear that. Can you tell me more about what's been happening?

John Smith: There's been a lot of pressure with deadlines, and I've been having trouble sleeping. I find myself worrying about work even when I'm at home trying to relax.

Dr. Wilson: That sounds difficult. Let's talk about some anxiety management techniques we discussed last time. Have you been practicing the breathing exercises?

John Smith: I tried them a few times, but it's hard to remember when I'm in the moment.

Dr. Wilson: That's understandable. It takes practice to make these techniques habitual. Let's go through them again and discuss how you might incorporate them into your daily routine.

John Smith: That would be helpful. I really want to make progress on this.

Dr. Wilson: I appreciate your commitment. Let's also review your personal goals from last session and see what progress you've made and what challenges you've encountered.