

client's name: Maria  
date of export: 2018-05-16

clinician's name: judith

date: 2018-05-16

I took a bath

time: 12:41 AM

activity: Self Care Journaling

date: 2018-05-16

I would like to discuss the progress I am making with reframing my thoughts

time: 1:11 AM

activity: About Next Session

date: 2018-05-16

I added all my to do's to my app and checked them off when I did so.

time: 12:42 AM

activity: Goal Journaling

date: 2018-05-16

I'm not feeling great. I just had a fight with a co-worker and I didn't handle it well.

time: 12:44 AM

activity: Open Journaling

date: 2018-05-16

My dog just ran away from home and I feel really bad because I had to look after him. My boyfriend will be so mad at me.

time: 1:13 AM

activity: Open Journaling