

# ACTIVITY ASSIGNMENT AND REVIEW - CURRENT EXPERIENCE

### DURING CARL'S SESSION (THURS)

...Then I felt so shaky, I couldn't focus on...

That sounds tough.. would you like to try a deep breathing exercise to see if it can help manage this anxiety?

Why not, I'll give it a shot

Ok it goes like this... Shall we practice it together now?

So, I'll just ask you to get into a comfortable position, then inhale...

OK...

How do you feel now?

Better, I think... less tense

Do you think you can practice this everyday, whenever you feel anxious?

Ok, I'll try...

I'll put it on wunderlist

### END OF SESSION

Alright! See you next week. Tell me how the dinner party goes, and remember to send me your sleep cycle screenshots

OK

### AFTER CARL LEAVES

Tina tidies up notes  
Follow up: Dinner party, deep breathing list

+ Reminders  
Carl email re: dinner party  
Sunday, 3pm

+ Wunderlist  
Deep Breathing Daily  
Sit.. inhale.. exhale..

### TINA'S ADMIN TIME (FRIDAY)

DING!

Already praised Jim for sending it, better remind Carl and Jen...

Reminder Sleepcycle Carl Jen Jim

To: carl@email.com  
Subject: Sleepcycle

Hi Carl,  
Remember to send..

Oh crap, I forgot to turn it on last night

### SUNDAY

CAFE

DING!

Reminder Carl dinner party email

New Message  
To: carl@email.com  
Subject: Dinner party

Hi Carl, how did the dinner party go?

It was alright, I..

That's great, you...

### NEXT WED - SESSION PREP

psychologytools.com

Messages

Wunderlist  
Deep Breathing

x Mon  
x Tue  
o Wed

From: carl@email.com  
Subject: Carl, 6/1/20

Client reported that... Appeared... Was able to...

Next Session

- Cover topic A
- Intro technique B
- Go over technique C
- Comments on homework

Wunderlist  
Deep Breathing  
x Mon  
x Tue  
o Wed

From: carl@email.com  
Subject: Sleepcycle

### CARL'S NEXT SESSION (THURS)

How're you doing sleep-wise? I see from what you've sent me that... how about the rest of...?

Yeah, some days were bad. I think I forget to turn it on sometimes.

... And how is deep breathing working out for you?

Um.. OK I guess but sometimes I get so stressed I don't even remember to do it

# ACTIVITY ASSIGNMENT AND REVIEW - FUTURE VISION

### DURING CARL'S SESSION (THURS)

That sounds tough.. would you like to try a deep breathing exercise to see if it can help manage this anxiety?

...Then I felt so shaky, I couldn't focus on...

Why not, I'll give it a shot

Ok, I've added it as a trial activity, go ahead and try it out.

OK...

Activities

Trial activity  
Deep Breath..

Mindfulness  
Deep Breathing

OK...

How do you feel now?

Better, I think... less tense

Do you think you can practice this everyday, whenever you feel anxious?

Ok, I'll try...

Go ahead and schedule it :)

Mindfulness Breathing

★★★★★

SCHEDULE

SKIP

Tell me how the dinner party goes?

Sure.

Do you want to set it as a task so it's easy to remember?

Yeah, OK

Activities

+

### CARL'S HOME (THUR NIGHT)

Reminder Sleep - in 30min 10:30PM

DING!

Track Sleep 11:00PM

START

(opens sleepcycle app on sleep tab)

### TINA'S ADMIN TIME (FRIDAY)

Let's see how everybody's doing...

Notifications

Carl Completed Activity

Ryan Overdue task

Jim Inactive for 1 week

Sarah Sent a message...

Carl Completed Sleep Tracking for the first time

Went to bed: 11:00PM

Woke up: 7:00AM

Interruptions: 3

Message Carl

### SUNDAY

DING!

Notification Carl has a task overdue: dinner party report.

Message Carl

Dismiss

Hi Carl...

### NEXT WED - SESSION PREP

Carl Smith

ACTIVITY SUMMARY

Sleep Tracking 25%

Deep Breathing 33%

Social Task 100%

NOTES

PERSONAL

1/1 completed Dinner Party

Tina types comment

Discuss with client

Carl's relevant chat reply contents extracted here

Next Session Action Plan

Tina types topics etc. here in a separate window.

psychologytools.com

MAIA Activity Library

Create New Activity

Attach File

Bookmark for Clients

### CARL'S NEXT SESSION (THURS)

Let's review your activities together...

Great job on...

Carl Smith Client Portal

ACTIVITY SUMMARY

PERSONAL DETAILS

Completion

Social Task 100%

Deep Breathing 33%

Any issues with deep breathing?

I see... it looks like you do do it on Thursdays though, why is that?

Um.. OK I guess but sometimes I get so stressed I don't even remember to do it

### Carl Smith Client Portal

ACTIVITY SUMMARY

PERSONAL DETAILS

Completion

Social Task 100%

Deep Breathing 33%

Any issues with deep breathing?

I see... it looks like you do do it on Thursdays though, why is that?

Um.. OK I guess but sometimes I get so stressed I don't even remember to do it