

Clinical Words Cheat Sheet for Progress Notes

Mood & Affect

Flat, Anxious, Tearful, Euphoric, Irritable, Labile, Dysphoric

Behavior & Appearance

Restless, Cooperative, Withdrawn, Agitated, Disheveled, Attentive, Calm

Thought Process

Logical, Tangential, Circumstantial, Disorganized, Flight of Ideas

Thought Content

Delusional, Ruminative, Intrusive, Paranoid, Suicidal Ideation

Speech & Communication

Rapid, Slow, Pressured, Loud, Soft, Monotone, Stammering, Slurred, Clear

Orientation & Cognition

Oriented x4, Disoriented, Confused, Distractible, Memory Intact, Poor Concentration

Therapist Interventions

Encouraged, Validated, Explored, Challenged, Guided, Redirected, Instructed, Supported

Progress Terms

Improving, Deteriorating, Stable, Fluctuating, Resistant, Motivated

Strengths

Insightful, Determined, Resourceful, Resilient, Cooperative, Hopeful