Cognitive Conceptualization Diagram

INSTRUCTIONS

RELEVANT LIFE HISTORY
Which experiences contributed to the development and maintenance of the core belief(s)?

CORE BELIEF(S)
What are the client's most central dysfunctional beliefs about him/herself?

CONDITIONAL ASSUMPTIONS/ATTITUDES/RULES
Which assumptions, rules, and beliefs help him/her cope with the core belief(s)?

COPING STRATEGY(IES)
Which dysfunctional behaviors help him/her cope with the beliefs?

SITUATION #1
What was the problematic situation?

AUTOMATIC THOUGHT(S)
What went through his/her mind?

MEANING OF A.T.
What did the automatic thought mean to him/her?

EMOTION
What emotion was associated with the automatic thought?

BEHAVIOR
What did the client do then?

SITUATION #2

AUTOMATIC THOUGHT(S)

MEANING OF A.T.

EMOTION

BEHAVIOR

SITUATION #3

AUTOMATIC THOUGHT(S)

MEANING OF A.T.

EMOTION

BEHAVIOR

Cognitive Conceptualization Diagram

WORKSHEET

RELEVANT LIFE HISTORY

CORE BELIEF(S)

CONDITIONAL ASSUMPTIONS/ATTITUDES/RULES

COPING STRATEGIES

SITUATION #1

SITUATION #2

SITUATION #3

AUTOMATIC THOUGHT(S)

AUTOMATIC THOUGHT(S)

AUTOMATIC THOUGHT(S)

MEANING OF A.T.

MEANING OF A.T.

MEANING OF A.T.

EMOTION

EMOTION

EMOTION

BEHAVIOR

BEHAVIOR

BEHAVIOR