

STRENGTH-BASED COGNITIVE CONCEPTUALIZATION DIAGRAM EXAMPLE

Name: _____

Date: _____

RELEVANT LIFE HISTORY (including accomplishments, strengths, personal qualities and resources prior to current difficulties)

People described Abe as “a good kid.” Some positive interactions with family, maternal uncle and coaches growing up. Took father’s abandonment in stride. Tried hard when given age-inappropriate responsibilities at home at age 11. Good friends, average grades, above-average athlete, high school diploma. Strongly motivated, excellent work history, many interpersonal and supervisory skills; reliable, productive, responsible. Good problem-solver, good common sense. Had made a reasonable living; always budgeted and saved money. Likeable, a “good family man;” good relationships with children/grandchildren, a cousin, two male friends; made a reasonable living; always budgeted and saved money. Strongly motivated, good sense of humor, liked by most people. Sees two grown children and four grandchildren often, helps them out, close relationships with them, a cousin and several male friends.

ADAPTIVE CORE BELIEFS (prior to onset of current difficulties)

I’m responsible, considerate, competent, self-reliant, helpful, a good person, likeable, resourceful. Most people are neutral or benign. The world is potentially unpredictable but relatively safe and stable. I can cope (if bad things happen).

ADAPTIVE INTERMEDIATE BELIEFS: ASSUMPTIONS, RULES, ATTITUDES (prior to onset of current difficulties)

Family, work and community are important. It’s important to work hard, be productive, self-reliant, responsible, and reliable, honor commitments, consider others’ feelings, do the right thing; do what I say I’m going to do. I should figure things out for myself. If I persist on a difficult task, I’ll probably succeed. If I perform highly, it means I’m competent; I’m okay.

ADAPTIVE PATTERNS OF BEHAVIOR (prior to onset of current difficulties)

Sets high standards for himself, works hard, tries to increase his competence, perseveres and solves problems himself; is kind and considerate to others, honors his commitments, does what he sees as “the right thing,” helps others.

SITUATION #1

Thinking about meeting buddies for breakfast

AUTOMATIC THOUGHT(S)

I’m really tired but I don’t want to disappoint them.

EMOTIONS

Neutral

BEHAVIOR

Goes to breakfast

SITUATION #2

Fixing neighbor’s car

AUTOMATIC THOUGHT(S)

I don’t know if I can get it to run.

EMOTIONS

Neutral

BEHAVIOR

Keeps trying

SITUATION #3

Surfing the web

AUTOMATIC THOUGHT(S)

I’d like a better TV but I have to cover my bills.

EMOTIONS

Mild disappointment

BEHAVIOR

Doesn’t order TV