(TRADITIONAL) COGNITIVE CONCEPTUALIZATION
DIAGRAM WORKSHEET

For a click-and-fill version of this worksheet, please visit: beckinstitute.org/diagram.

Name: ___________________________ Date: _____________ Diagnosis: ________________

RELEVANT LIFE HISTORY and PRECIPITANTS

CORE BELIEF(S) (during current episode)

INTERMEDIATE BELIEFS: ASSUMPTIONS/ATTITUDES/RULES (during current episode)

COPING STRATEGIES (during current episode)

SITUATION #1
AUTOMATIC THOUGHT(S)
MEANING OF A.T.
EMOTION
BEHAVIOR

SITUATION #2
AUTOMATIC THOUGHT(S)
MEANING OF A.T.
EMOTION
BEHAVIOR

SITUATION #3
AUTOMATIC THOUGHT(S)
MEANING OF A.T.
EMOTION
BEHAVIOR


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