

(Traditional) Cognitive Conceptualization 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

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

