# (TRADITIONAL) COGNITIVE CONCEPTUALIZATION DIAGRAM EXAMPLE

Name: _____ Date: _____ Diagnosis: _____

**RELEVANT LIFE HISTORY and PRECIPITANTS**
Father leaves family when Abe is 11 years old. He never sees him again. Mom is overburdened, criticizes when he can't meet her unrealistic expectations. Precipitants to current disorder: Abe struggles and then loses his job and undergoes divorce.

**CORE BELIEF(S) (during current episode)**
I'm incompetent/a failure.

**INTERMEDIATE BELIEFS: ASSUMPTIONS/ATTITUDES/RULES (during current episode)**
It's important to be responsible, competent, reliable and helpful.
It's important to work hard and be productive.

During Depression:
(1) If I avoid challenges, I'll be okay, but if I try to do hard things I'll fail.
(2) If I avoid asking for help, my incompetence won't show but if I do ask for help, people will see how incompetent I am.

**COPING STRATEGIES (during current episode)**
Avoids asking for help and avoids challenges.

| SITUATION #1 | SITUATION #2 | SITUATION #3 |
|---|---|---|
| Thinking about bills | Thinking of asking son for help in revising resume | Memory of being criticized by boss |
| **AUTOMATIC THOUGHT(S)** | **AUTOMATIC THOUGHT(S)** | **AUTOMATIC THOUGHT(S)** |
| What if I run out of money? | I should be able to do this on my own. | I should have tried harder. |
| **MEANING OF A.T.** | **MEANING OF A.T.** | **MEANING OF A.T.** |
| I'm a failure. | I'm a failure. | I'm a failure. |
| **EMOTION** | **EMOTION** | **EMOTION** |
| Anxious | Sad | Sad |
| **BEHAVIOR** | **BEHAVIOR** | **BEHAVIOR** |
| Continues to sit on couch; ruminates about his failures | Avoids asking son for help | Ruminates about what a failure he was |

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