

(Traditional) Cognitive Conceptualization Diagram

| Name: | | Date: | Diagnosis: |
|-------------|-------------------------------|---|------------------------------|
| | RELE | VANT LIFE HISTORY and PRECIPITAN | NTS |
| | Father leaves family when A | be is 11 years old. He never sees him a | gain. Mom is |
| | 1 | en he can't meet her unrealistic expect | • |
| | current disorder: Abe strugg | les and then loses his job and undergo | es divorce. |
| | COL | RE BELIEF(S) (during current episode | e) |
| | I'm incompetent/a failure. | in process (a) (aarmig carrent opiocas | -, |
| | | | |
| | | MPTIONS/ATTITUDES/RULES (during | g current episode) |
| | | ible, competent, reliable and helpful. | |
| | It's important to work hard a | and be productive. | |
| | During Depression: | | |
| | | e okay, but if I try to do hard things I'll | |
| | I : : | my incompetence won't show but if I d | lo ask for help, people |
| | will see how incompetent I a | am. | |
| | CODIN | G STRATEGIES (during current episo | ode) |
| | Avoids asking for help and a | , - | Jue, |
| | 3 1 | | |
| | SITUATION #1 | SITUATION #2 | SITUATION #3 |
| | Thinking about bills. | Thinking of asking son for help in | Memory of being criticized b |
| | | revising resume. | boss. |
| | TO A A TIO THOUGHT (0) | | |
| | TOMATIC THOUGHT(S) | AUTOMATIC THOUGHT(S) | AUTOMATIC THOUGHT(S |
| IVV | nat 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 incompetent. | l'm a failure. |
| | | | |
| | | | |
| | | | |
| | EMOTION | EMOTION | EMOTION |
| | Anxious. | Sad. | Sad. |
| | | | |
| | BEHAVIOR | BEHAVIOR | BEHAVIOR |
| | ontinues to sit on couch; | Avoids asking son for help. | Ruminates about what a failu |
| run | ninates about his failures. | | he was. |

© 2018. Adapted from J. Beck (in press) Cognitive Behavior Therapy: Basics and Beyond, 3rd edition.