

STRENGTH-BASED COGNITIVE CONCEPTUALIZATION DIAGRAM WORKSHEET

Name:		Date:
RELEVANT LIFE HISTORY	(including accomplishments, streng prior to current difficulties)	ths, personal qualities and resources
ADAPTIVE (CORE BELIEFS (prior to onset of curr	ent difficulties)
ADAPTIVE INTERMEDIATE BELIEFS	S: ASSUMPTIONS, RULES, ATTITUDES	S (prior to onset of current difficulties)
ADAPTIVE PATTE	ERNS OF BEHAVIOR (prior to onset o	f current difficulties)
SITUATION #1	SITUATION #2	SITUATION #3
AUTOMATIC THOUGHT(S)	AUTOMATIC THOUGHT(S)	AUTOMATIC THOUGHT(S)
EMOTIONS	EMOTIONS	EMOTIONS
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BEHAVIOR	BEHAVIOR	BEHAVIOR