

STRENGTH-BASED COGNITIVE CONCEPTUALIZATION DIAGRAM WORKSHEET

Name: _____

Date: _____

RELEVANT LIFE HISTORY (including accomplishments, strengths, personal qualities and resources prior to current difficulties)

ADAPTIVE CORE BELIEFS (prior to onset of current difficulties)

ADAPTIVE INTERMEDIATE BELIEFS: ASSUMPTIONS, RULES, ATTITUDES (prior to onset of current difficulties)

ADAPTIVE PATTERNS OF BEHAVIOR (prior to onset of current difficulties)

