

## (TRADITIONAL) COGNITIVE CONCEPTUALIZATION DIAGRAM WORKSHEET

ame: _			Date:	Diagnos	sis:	
	RELEVANT LIFE HISTORY and PRECIPITANTS					
			T			
	CORE BELIEF(S) (during current episode)					
	INTERMEDIATE BELIEFS: CONDITIONAL ASSUMPTIONS/ATTITUDES/RULES (during current episode)					
	COPING STRATEGIES (during current episode)					
	SITUATION #1	SITUATIO	ON #2	SITUATI	ON #3	
AU	TOMATIC THOUGHT(S)	AUTOMATIC T	THOUGHT(S)	AUTOMATIC 1	THOUGHT(S)	
	MEANING OF A.T.	MEANING	MEANING OF A.T.		MEANING OF A.T.	
	EMOTION	EMOT	EMOTION		EMOTION	
	BEHAVIOR	BEHAV	BEHAVIOR		BEHAVIOR	