Cognitive Conceptualization Diagram

Name: Age							Age:	
Gend	ler:	Male	Female	Other:	Other:		_ Date:	
		Relevant Life History and Precipitants						
		Core Belief(s)				(during current episode)		
		Intermediate Beliefs: Assumptions/Attitudes/Rules			Rules (during current episode) (during current episode)			
		Coping Strategies						
	Situation #1		Situation #2		Situation	#3		
	Autoi	Automatic Thought(s)		Automatic T	Automatic Thought(s)		Automatic Thought(s)	
	Meaning of A.T.		г.	Meaning of A.T.		Meaning of A.T.		
Emotion		ion		Emotion	Emotion		Emotion	
	Beha	vior		Behavior	<u> </u>	Behavior		

Beck, J. S. (2020). Cognitive behavior therapy (3rd ed.). Guilford Publications.