

Cognitive Conceptualization Diagram Worksheet

Name: _____ Date of birth: _____

Gender: _____ Date: _____

Diagnosis: _____

Relevant life history and precipitants			

Core belief(s) (during current episode)			

Intermediate beliefs: assumptions/attitudes/rules (during current episode)			

Coping strategies (during current episode)			

Situation #1	Situation #2	Situation #3
Automatic thought(s)	Automatic thought(s)	Automatic thought(s)
Meaning of A.T.	Meaning of A.T.	Meaning of A.T.
Automatic thought(s)	Automatic thought(s)	Automatic thought(s)
Meaning of A.T.	Meaning of A.T.	Meaning of A.T.

Reference: Beck, J. S. (2020). Cognitive behavior therapy: Basics and beyond (3rd ed.). The Guilford Press.