Cognitive Conceptualization Diagram

ame:				Age:
ender:	Male	Male Female Other:		_ Date:
	Relevan	nt Life Histor	y and Precipitants	
	Core Belief(s)			(during current episode)
	Interme	diate Beliefs	: Assumptions/Attitudes/Rules	(during current episode)
	Coping	Strategies		(during current episode)
Situation #1			Situation #2	Situation #3
Automatic Thought(s)		ught(s)	Automatic Thought(s)	Automatic Thought(s)
Mear	ning of A.T		Meaning of A.T.	Meaning of A.T.
Emo	tion		Emotion	Emotion
Beha	avior		Behavior	Behavior

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