

(TRADITIONAL) COGNITIVE CONCEPTUALIZATION DIAGRAM WORKSHEET

For a click-and-fill version of this worksheet, please visit: beckinstitute.org/diagram.

::	Date:	Diagnosis:
	RELEVANT LIFE HISTORY and PREC	IPITANTS
	CORE BELIEF(S) (during current episo	de)
INTERMEDIATE BELIE	FS: CONDITIONAL ASSUMPTIONS/AT current episode)	TITUDES/RULES (during
CO	PING STRATEGIES (during current ep	isode)
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.
EMOTION	EMOTION	EMOTION
BEHAVIOR	BEHAVIOR	BEHAVIOR