

(TRADITIONAL) COGNITIVE CONCEPTUALIZATION DIAGRAM WORKSHEET

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

me:		Date:	Diagnosis:
	RELEVANT LIFE HISTORY and PRECIPITANTS		
	CORE BELIEF(S) (during current episode)		
INTERMEDIATE BELIEFS		: ASSUMPTIONS/ATTITUDES/RULES (during current episode)	
	СОР	ING STRATEGIES (during current e	pisode)
	SITUATION #1	SITUATION #2	SITUATION #3
AU	TOMATIC 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