Mapping Thoughts
*The Power Is Yours*

## COGNITIVE CONCEPTUALIZATION DIAGRAM

**Patient's name:** _____ **Date:**_____
**Diagnosis: Axis I**_____**Axis II:**_____

**Relevant Childhood Data**
Which experiences contributed to the development and maintenance of the core belief?

**Core belief(s)**
What is the most central belief about herself?

**Conditional Assumption/Beliefs/Rules**
Which positive assumption helped her cope with the core belief?
What is the negative counterpart to this assumption?

**Compensatory Strategy(ies)**
Which behaviors help her cope with the belief?

| **Situation 1** | **Situation 2** | **Situation 3** |
|---|---|---|
| What was the problematic situation? | | |
| **Automatic Thought** What went through her mind? | **Automatic Thought** | **Automatic Thought** |
| **Meaning of the A.T.** What did the automatic thought mean to her? | **Meaning of the A.T.** | **Meaning of the A.T.** |
| **Emotion** What emotion was associated with the automatic thought? | **Emotion** | **Emotion** |

**Behavior?**
What did the patient do then?

**Behavior?**

**Behavior?**

**Ankita Magdani**