

COGNITIVE CONCEPTUALIZATION DIAGRAM

Patient's name: Sally. Date: 2/22.

Diagnosis: Axis I Major Depressive Episode. Diagnosis: Axis II. None

Relevant Childhood Data

Compared self with older brother and peer
Critical mother

Core Belief(s)

I'm inadequate

Conditional Assumptions/Beliefs/Rules

Positive: If I work very hard, I can do okay.
Negative: If I don't do great, then I've failed.

Compensatory Strategy(ies)

Develop high standards, work very hard, over prepare, looking for shortcomings and correct, avoid seeking help

Situation 1:

Talking to freshmen about advanced placement credits

Automatic Thought

They're all smarter than me

Meaning of A.T.

I'm inadequate

Emotion

Sad

Situation 2

Thinking about course requirements

Automatic Thought

I won't be able to do it
(research paper)

Meaning of A.T.

I'm inadequate

Emotion

Sad

Situation 3

Reflecting on difficulty of math test

Automatic Thought

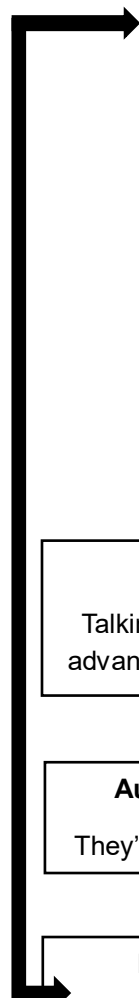
I won't make it through the course

Meaning of A.T.

I'm inadequate

Emotion

Sad



Behavior

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Behavior

Cried

Behavior

Closed the book; stopped
studying