Cognitive Conceptualization Diagram

Relevant Childhood Data

↓

Core Beliefs

↓   ↓

Event # 1	Event # 2

↓   ↓

Intermediate Assumptions	Intermediate Assumptions

↓   ↓

Automatic Thoughts	Automatic Thoughts

↓   ↓

Feelings	Feelings

↓   ↓

Actions	Actions

↓   ↓

Results	Results