

COGNITIVE CONCEPTUALIZATION

RELEVANT CHILDHOOD DATA

CORE BELIEF

CONDITIONAL ASSUMPTIONS

COPING STRATEGIES

SITUATION #1

SITUATION #2

SITUATION #3

AUTOMATIC THOUGHTS

AUTOMATIC THOUGHTS

AUTOMATIC THOUGHTS

MEANING OF A.T

MEANING OF A.T

MEANING OF A.T

EMOTIONS

EMOTIONS

EMOTIONS

BEHAVIOR

BEHAVIOR

BEHAVIOR

