

Simple Conceptualization Sheet for Clinical Tracking & Re-Evaluation

Present Triggers: _____

Theme/Event	=>	Negative Cognition (rank ordered)	=>	Memory/Event
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1.				First
				Worst
				Most Recent
2.				First
				Worst
				Most Recent
3.				First
				Worst
				Most Recent
4.				First
				Worst
				Most Recent

Future Template

Future Template