

Simple Conceptualization Sheet for Clinical Tracking & Re-Evaluation

Present Triggers: _____

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

Future Template

Future Template