

# (TRADITIONAL) COGNITIVE CONCEPTUALIZATION

Name: Fizz Johnson

Date: 02/15/2022  
misuse

Diagnosis: Depression/Alcohol

## RELEVANT LIFE HISTORY and PRECIPITANTS

Being in the home with my father who was there but at the same time not present. He wasn't a nice father to me, and my siblings and he was horrible to my mother. He was observed to be aggressive at times and we have even seen him hit my mother. He also drank a lot and was intoxicated a lot. He was someone no body in the area played around with. He was very strict.

## CORE BELIEF(S) (during current episode)

I'm having a hard time getting my family back. I am not a responsible husband or father. I am a horrible person.

## INTERMEDIATE BELIEFS: ASSUMPTIONS/ATTITUDES/RULES (during current episode)

I believe it is ok to have a drink after a hard day at work.  
I work hard every day to provide for my family financially.

During Depression:

- 1.) I drink more than usual.
- 2.) I stay in bed and keep to myself because my family is embarrassed and upset with me.
- 3.) If I stay to myself the chances that my family gets upset with me decreases.

## COPING STRATEGIES (during current episode)

Staying to myself and staying out of the way of my family when I am intoxicated and experiencing an episode of depression.

### SITUATION #1

I had a hard day at work and then went to the bar before coming home.

### AUTOMATIC THOUGHT(S)

My boss is going to fire me.

### MEANING OF A.T.

I am overwhelmed

### SITUATION #2

I want to have a day out with my wife alone for our anniversary.

### AUTOMATIC THOUGHT(S)

My wife is going to divorce me.

### MEANING OF A.T.

I am a failure as a husband.

### SITUATION #3

I need to find another job.

### AUTOMATIC THOUGHT(S)

I am unable to care for my family financially.

### MEANING OF A.T.

I am a dead beat

**EMOTION**  
Anger

**EMOTI**  
**ON**  
Hurt

**EMOTION**  
Worthless

**BEHAVIOR**

Went out for a drink.

**BEHAVIOR**

Was unable to have a day out due to intoxication.

## **BEHAVIOR**

Spent my money on Alcohol.