

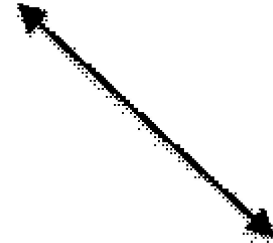
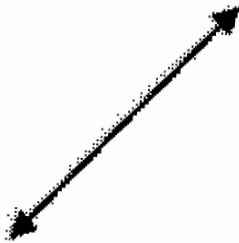
# Cross Sectional Formulation

**Situation** (*When? Where? What? With whom?*)

**Schemas:**

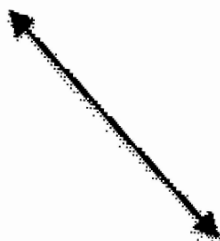


**Physical** (*When depressed, what physical sensations did you experience? What did you notice in your body?*)



**Emotional** (*What emotions came up for you when you felt depressed?*)

**Cognitive** (*What went through your mind when you felt depressed? What did that say or mean about you or the situation?*)



**Behavioral** (*What was your first instinct and/or response? What did you do and/or avoid doing?*)

