

Cross Sectional Formulation Example

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

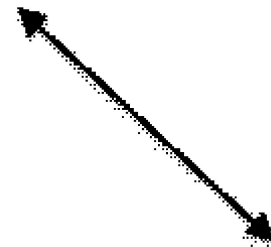
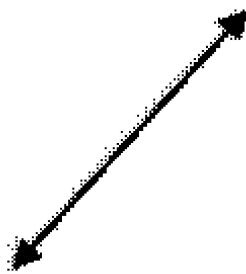
I have a group assignment due for my class. I asked a fellow classmate to be my partner, but she declined.

Schemas: failure, abandonment, defectiveness, social isolation



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

Upset stomach, tired, lost my appetite, got really hot

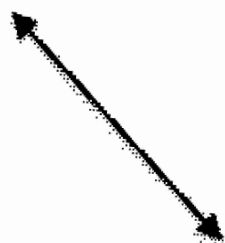


Emotional (*What emotions came up for you when you felt depressed?*)

Sad, ashamed, embarrassed, rejected, lonely, irritable

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

I knew I shouldn't have asked her; she's way smarter than me and she knows it. If we had worked together, I only would have brought down the grade. I'm so stupid. She must hate me.



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

I want to avoid asking anyone else in case they say no. I left class early and haven't found a partner to work with. I'll avoid talking to her in the future.

