## 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?)*