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.