

Cross Sectional Formulation Blank

Situation (*When? Where? What? With whom? What did you feel anxious about?*)

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

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

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

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

