

Cross Sectional Formulation Example

Cross Sectional Formulation

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

A student invited me to a party in my residence hall, but I didn't know her very well and felt anxious about going.

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

Heart racing, tight chest, shallow breathing, hot

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

Scared, ashamed, Lonely, agitated, nervous

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

I won't know anyone at the party and will feel awkward. No one will like me because I'm so socially awkward. I won't have fun. But if I say no, this person won't like me and I wouldn't make friends.

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

My first instinct was to say no. I avoided saying no but telling her that I would think about it. I never got back to her. I didn't go to the party.