Cross Sectional Formulation

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

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?)*