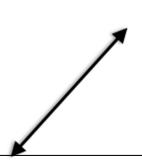
Cross Sectional Formulation

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.



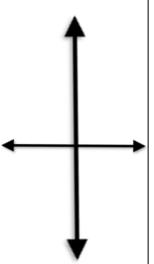
Physical (When depressed, what physical sensations did you experience? What did you notice in your body?)

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.

