**Cross Sectional Formulation**

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

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

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

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

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