

## 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**

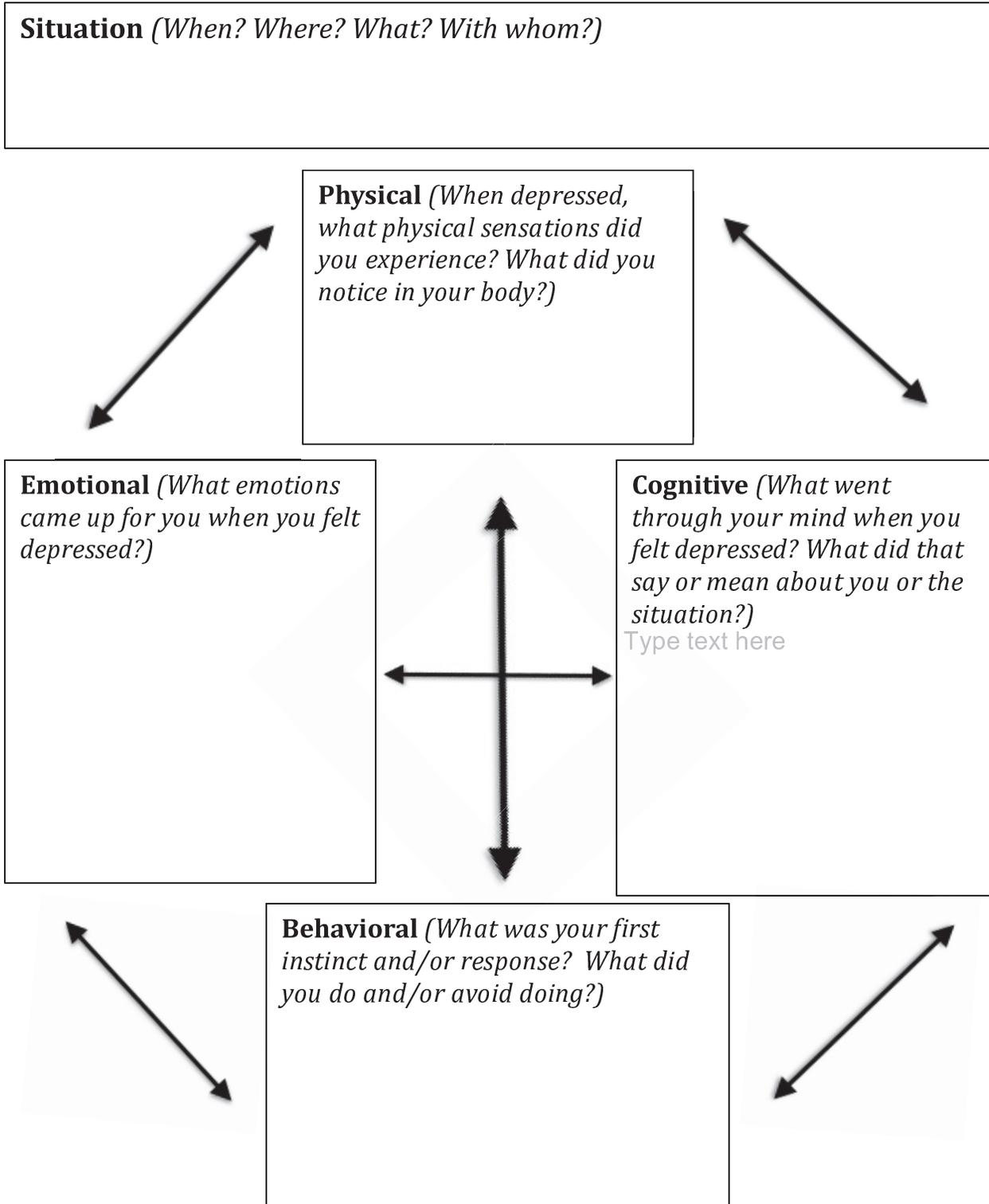
**Cognitive** (*What went through your mind when you felt depressed? What did that say or mean about you or the situation?*)

**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.**

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# Feelings Wheel

