

### **Week 1/Video 3: Cross Sectional Formulation Diagram Journaling Tool**

As we mentioned earlier, the CBT model focuses on interactions between thoughts, feelings, behaviors, and physical sensations. On **page 7 of your workbook**, you can see an example of the model. This diagram, which we call a cross sectional formulation, allows us to further identify our symptoms and how each of the symptom categories interact with and impact the others. This cross sectional formulation is a fundamental part of this seminar and we will frequently refer to this diagram throughout the webinar.

So, why is using this tool possibly beneficial to us when we're depressed? Well, by beginning to label and understand our experiences, we are already beginning to do something different. Understanding is powerful in and of itself, because it creates a framework in which we can better understand how to respond and tend to our needs. It provides a step towards acting with intention in managing symptoms of depression.

So, it's time to try this new tool. On the blank diagram on **page 8**, start by labeling what was going on when you were feeling the symptoms, sometimes this can be hard because there is always a clear event that caused the depressive symptoms, do your best and know it's okay if it's not always cleared up. Then go through each symptom of the 4 categories of potential symptoms and write down what symptoms you were/are experiencing.

Remember you can go back to **page 6** for a list of symptoms as a helpful prompt. You can also use the feelings wheel listed on **page 9** for more guidance. Take time to complete this diagram before moving on to the new video.