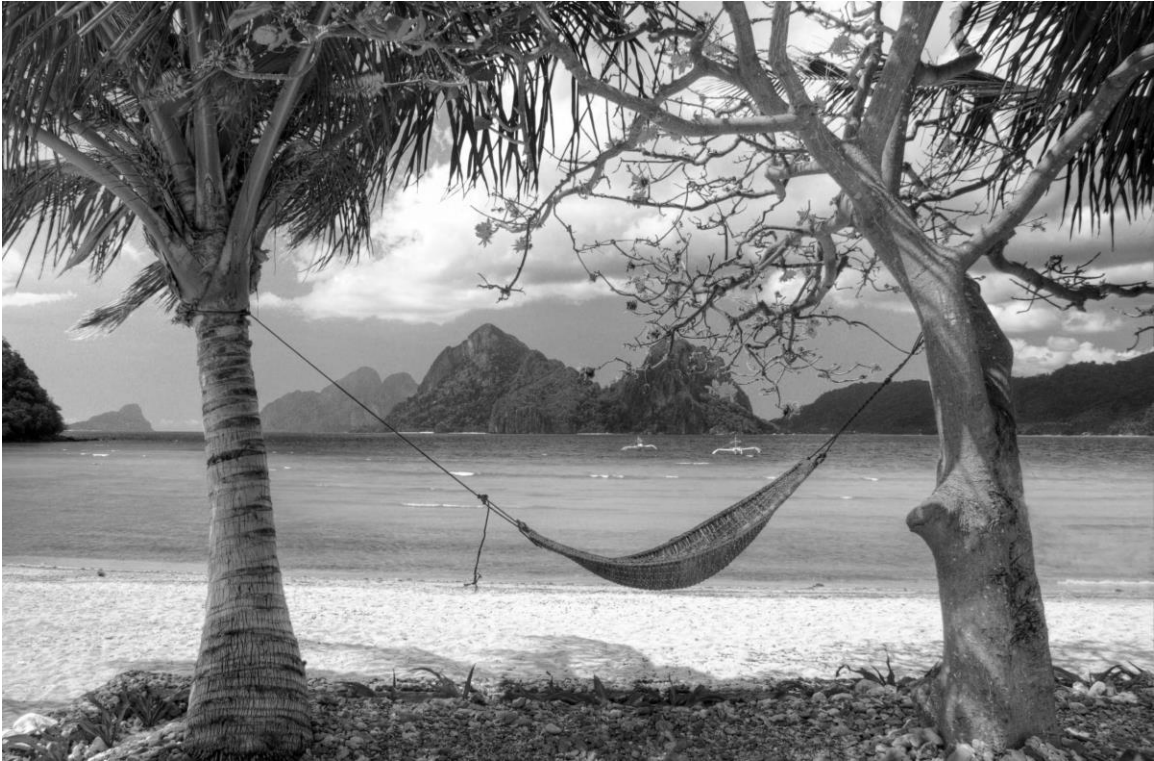


Getting Unstuck: Putting it all Together

Student Workbook



(434) 582-2651
Green Hall 1830
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Cross Sectional Formulation

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

Schemas:

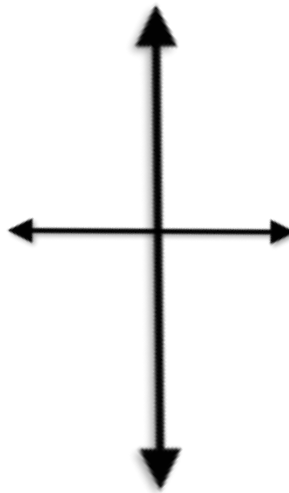


Physical (*When depressed, what physical sensations did you experience? What did you notice in your body?*)



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?*)



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.

Schemas: failure, abandonment, defectiveness, social isolation



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

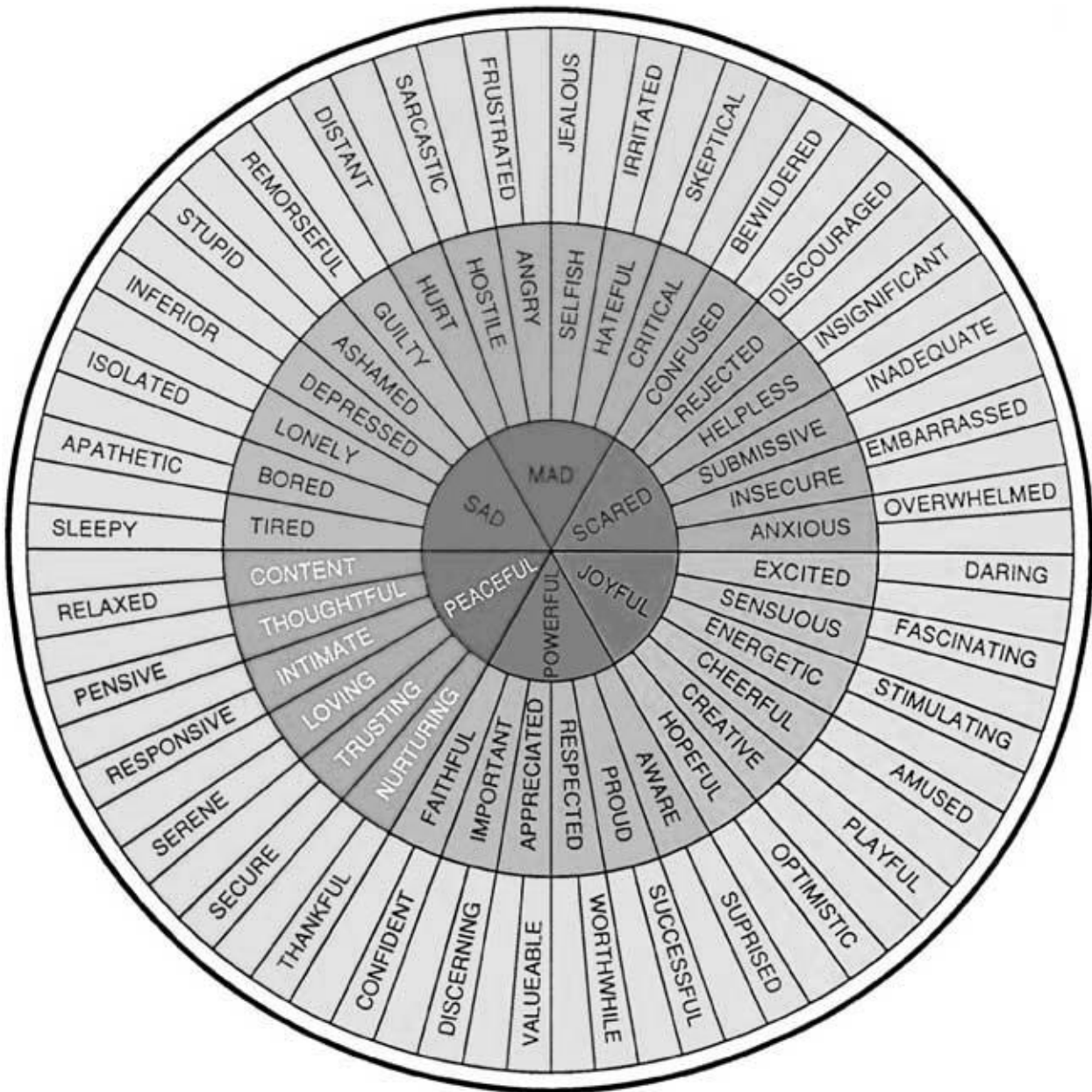
Cognitive (*What went through your mind when you felt depressed? What did that say or mean about you or the situation?*)

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.

Feelings Wheel



My Personalized Plan

1. My schemas:
2. My depressive symptoms (e.g., lack of motivation, self-criticism):
3. My unhelpful thinking styles (e.g., catastrophizing):
4. My unhelpful behaviors (e.g., isolating):
5. One sleep and one exercise tool I plan to use:
6. Two thought exercises I plan to use (e.g., alternative responses, self-affirmations):
7. Two behavioral tips I plan to use (e.g., pleasant event, mastery activity):