

# Cross-Sectional Formulation (based upon Padesky, 1986)



## Instructions for use:

The aim of this sheet is to understand the key things going on in the situations that upset you. To do this, follow the numbers. When you are done, this should help us understand why it is problematic and/or repeating.

Complete this box last.  
Are there any long term consequences that are unintended? What do we now know that may make this situation reoccur?

7

Establish the FACTS of the situation. What happened just before your mood worsened? Who else was there? What were you doing?

1

What was the most upsetting thing that went through your mind? And what did that thought mean to you? % belief in the thought?

2

What emotion was most strongly associated with the key thought in this situation? % intensity?

3

What physical sensation was most strongly associated with the key thought in this situation? %intensity?

4

What did you do in response to the way you were thinking and feeling?

5

After you did this, how did you think and feel? please re-rate the strengths of feelings, physical sensations and beliefs:

6

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