

## **Situational Formulation Worksheet**

This worksheet is designed to help you make sense of a challenging situation by exploring what you were thinking, feeling, and doing at the time. This process can build your self-awareness and deepen your understanding of how certain patterns might be contributing to your difficulties.

By breaking things down into manageable parts the situation, your thoughts, feelings (emotional and physical), and behaviours (action and inaction) you can begin to spot connections, notice repeating cycles, and start making informed changes.

Try to complete this as soon as possible after a situation occurs so the details are accurate. There's no right or wrong way to fill it in just go with what feels true for you.

### **How To Use a Situational Formulation**

1. Start with the situation – Briefly describe what happened, where you were, who was involved, and what triggered the reaction.
2. Move to thoughts – What went through your mind? What did you tell yourself? Were there any beliefs or assumptions that stood out?
3. Go to feelings:
  - Emotional: Name the emotions you experienced (e.g. Anger, fear, sadness, shame).
  - Physical: What physical sensations did you notice (e.g. Heart racing, tension, nausea)?
4. Finally, reflect on your behaviours – What did you do? How did you respond? What actions did you take or avoid?

### **Situational Formulation Diagram**

Use the space on the next page to complete your situational formulation with the four boxes.

