

Functional Analysis Worksheet

Trigger What contributes to my substance use?	Thoughts and Feelings What was I thinking? What was I feeling (physically and emotionally)?	Behavior Objectively describe what did I do?	Positive Consequences What positive things occurred after my behavior?	Negative Consequences What negative things occurred after my behavior?

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Not feeling well (feeling sick, maybe withdrawals)	Never going to be able to stop because of the way I feel; Thought: It's too hard to feel this way Feeling: Defeated	May be vomiting, difficulty getting out of bed, chills B1: Forcing myself to get up B2: Feel like you want to go get a drink	+B1: Go to a meeting instead +B1: Visit my mom, who I know has my back (positive support) +B1: Go for a walk (physical activity) +B2: You'll stop feeling the way you feel (immediate relief) +B2: Feeling better overall +B2: If I'm getting drunk, I can hang out with my friends who also drink (socialization) – not feeling lonely anymore	-B1: Repeat the cycle of using -B1: Get into an argument with someone -B1: Might do something embarrassing -B2: Keep drinking all day, one after another (getting more sick) -B2: Might get a DUI -B2: Bodily harm (danger to liver) -B2: Legal consequences