

## Functional Analysis for Substance Use Behavior (Initial Assessment)

Triggers				
External	Internal	Behavior	Short-Term Positive Consequences	Long-Term Negative Consequences
1. <u>Whom</u> are you usually with when you use?	1. What are you usually <u>thinking</u> about right before you use?	1. <u>What</u> do you usually use?	1. What do you like about using with _____? (whom)	1. What are the negative results of _____ (behavior/activity) regarding each of these areas:
2. <u>Where</u> do you usually use?	2. What are you usually <u>feeling physically</u> right before you use?	2. <u>How much</u> do you usually use?	2. What do you like about using _____? (where)	a. Family members
3. <u>When</u> do you usually use?	3. What are you usually <u>feeling emotionally</u> right before you use?	3. Over <u>how long</u> a period do you usually use?	3. What do you like about using _____? (when)	b. Friends
			4. What are some of the pleasant <u>thoughts</u> you have while you are using?	c. Physical feelings
			5. What are some of the pleasant <u>physical feelings</u> you have while you are using?	d. Emotional feelings
			6. What are some of the pleasant <u>emotional feelings</u> you have while you are using?	e. Legal situations
				f. School situations
				g. Job situations
				h. Financial situations
				i. Other situations