A-CRA FUNCTIONAL ANALYSIS FOR RELAPSE

Relapse in not an event, it is a process.

External Triggers	Internal triggers	Behaviour	Short-term Positive Consequences	Long-Term Negative Consequences
Who are you usually with when you drank/used?	What were you **thinking** about right before you drank/used?	**What** did you drink/use? (specifically)	What did you like about drinking/using with_____ (who)?	What were the negative results of your drinking/using in each of these areas:
		How much did you drink/ use?	What did you like about drinking/using at _____ (where)?	A)Interpersonal

B)Physical |
| **Where** did you drink/use? | What did you **feel physically** right before you drank/used? | **How often** did you drink/use? | What did you like about drinking/using at _____ (when)? | C)Emotional

D)Legal |
| | | | What were some of the good thoughts and emotions you had while drinking/using? | E)Job

F) Financial |
| **When** did you drink/use? (what time of day) | What did you **feel emotionally** right before you drank/used? | Over **how long** a period of time did you drink/use? | What were some of the good **physical feelings** you had while drinking/using? | G) Other |