

## FUNCTIONAL ANALYSIS of SUBSTANCE USE BEHAVIOUR

External Triggers	Internal triggers	Using Behaviour	Short-term +Consequences Good things (rewards)	Long-Term-Consequences Not so good things
1. <u>Who</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. <u>What</u> do you like about using with (who)?	1. what are the negative results of your using in 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)Interpersonal:
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 of time do you usually use?	3. What do you like about using (when)?	b)Physical:
			4. What are the pleasant <u>thoughts</u> you have while using?	c)Emotional:
			5. What are the pleasant <u>physical feelings</u> you have while using?	d)Legal:
			6. What are the pleasant <u>emotions</u> you have while using?	e)Job:
				f) Financial:
				g) Other: