

## Functional Analysis for Substance Use Behaviour

### (Initial Assessment)

Triggers				
External	Internal	Behaviour	Short-Term Positive Consequences	Long-Term Negative Consequences
<p>1. <u>Whom</u> are you usually with when you use?</p> <p>2. <u>Where</u> do you usually use?</p> <p>3. <u>When</u> do you usually use?</p>	<p>1. What are you usually <u>thinking</u> about right before you use?</p> <p>2. What are you usually <u>feeling physically</u> right before you use?</p> <p>3. What are you usually <u>feeling emotionally</u> right before you use?</p>	<p>1. What do you usually use?</p> <p>2. <u>How much</u> do you usually use?</p> <p>3. Over <u>how long</u> a period do you usually use?</p>	<p>1. What do you like about using with _____? (whom)</p> <p>2. what do you like about using _____? (where)</p> <p>3. What you like about using _____? (when)</p> <p>4. What are some of the pleasant <u>thoughts</u> you have while you are using?</p> <p>5. What are some of the pleasant <u>physical feelings</u> you have while you are using?</p> <p>6. What are some of the pleasant <u>emotional feelings</u> you have while you are using?</p>	<p>1. What are the negative results of _____ (behaviour/activity) Regarding each of these areas:</p> <ul style="list-style-type: none"> <li>a. Family members</li> <li>b. Friends</li> <li>c. Physical feelings</li> <li>d. Emotional feelings</li> <li>e. Legal situations</li> <li>f. School situations</li> <li>g. Job situations</li> <li>h. Financial situations</li> <li>i. Other situations</li> </ul>