

Session 3: Functional Analysis

This collaborative exercise helps to identify potential skills for managing relapse and developing an alternative lifestyle. Consider the identified problem behaviour. This may be substance use (e.g. alcohol binge) or mental health (eg. self harm). Then consider what happens before the behaviour happens. Finally, explore the short and long term consequences.

Environmental Triggers	Thoughts and Feelings	Behaviour	Positive Consequences Short term:	Negative Consequences Short term:
			Long term:	Long term:

This exercise can help a person explore the relationship between triggers, their behaviour and the consequences. It is also useful in identifying skills needed to help the person manage triggers and control impulsive behaviour. This form can also be used to explore and reinforce alternative behaviours

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Session 3: Functional Analysis of Recovery-Orientated Behaviour

This collaborative exercise explores healthy, recovery-orientated behaviours in your life. Choose something healthy or fun that you do right now that does not involve alcohol and/or drugs. Then consider what happens before the behaviour happens. Finally, explore the short and long term consequences.

Environmental Triggers <i>(Who with? Where? When?)</i>	Thoughts and Feelings <i>(What were you thinking? Feeling emotionally? Feeling physically?)</i>	Behaviour <i>(Be specific – What do you do, how long and how often?)</i>	Positive Consequences <i>(Relationship? Emotions? Physical Health? Legal? Job/education? Money?)</i> Short and long term:	Negative Consequences <i>(What are the barriers? Who, where, when? Thoughts, emotions, physical?)</i> Short and long term:

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