

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

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