

Developing Control: 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	Negative Consequences
			Short term:	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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