

Functional analysis

Behavior

Describe the behavior

Situation

What happened right before the behavior? Environment, emotions, thoughts, people

Immediate Consequences

What happened immediately after the behavior? How did it make you feel or think?

Long-Term Consequences

What are the broader impacts on your life?

Function of the Behavior

What purpose did the behavior serve? E.g., avoid distress, seek attention, feel pleasure

Alternative Behaviors

What healthier ways could you meet the same need?