## Functional Analysis form

| **Antecedent Situation** | • Where was I?  
|                       | • Who was with me?  
|                       | • What was happening?  
| **Thoughts**           | • What was I thinking?  
| **Feelings and Sensations** | • How was I feeling?  
|                       | • What signals did I get from my body?  
| **Behaviour**          | • What did I do?  
|                       | • What did I use?  
|                       | • How much did I use?  
|                       | • What paraphernalia did I use?  
|                       | • What did other people around me do at the time?  
| **Consequences**       | • What happened after?  
|                       | • How did I feel right after?  
|                       | • How did other people react to my behaviour?  
|                       | • Any other consequences?  |