Functional Analysis

Antecedent Situation	Thoughts	Feelings and sensations	Behavior	Consequences
Where was I? Who was with me? What was happening?	What was I thinking?	How was I feeling? What signals did I get from my body?	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?	What happened after? How did I feel right after? How did other people react to my behavior? Any other consequences?