

Functional Analysis of a Behavior

Before (Antecedent)

External

(Who is around? Where does this happen? When? What situations? Any sensory stimulus or "triggers"? [smells, sights, etc.]

Internal

(What are they thinking? Feeling? Memories? Associations? Images?)

Behavior

(What is the behavior? Specifically what happens? How much? Over how long? Any other paired behaviors?)

Afterwards (Consequence)

Pros

(What do they like about doing the behavior...with who is around? With where they are? With the situation they are in? With the sensory aspects? Positive thoughts, feelings, associations? Connection with values?)

Cons

(What are the negative results? Interpersonal? Health? Emotional? Legal? Job or education? Financial? Hobbies? Physical experience? Against values?)

Place * next to cons that LO would agree with
Identify short term vs long term consequences