

A-CRA Functional Analysis of Substance Use — Relapse Version

Relapse is not an event, it is a process.

External Triggers	Internal Triggers	Behavior	Short-Term Positive Consequences: Good Things (rewards)	Long-Term Negative Consequences: Not So Good Things
<p>1. Who were you with when you drank/used?</p> <p>2. Where did you drink/use?</p> <p>3. When did you drink/use? (What time of day)</p>	<p>1. What were you thinking about right before you drank/used?</p> <p>2. What did you feel physically right before you drank/used?</p> <p>3. What did you feel emotionally right before you drank/used?</p>	<p>1. What did you drink/use? (specifically)</p> <p>2. How much did you drink/use?</p> <p>3. Over how long a period of time did you drink/use?</p>	<p>1. What did you like about drinking/using with _____ (who)?</p> <p>2. What did you like about drinking/using at _____ (where)?</p> <p>3. What did you like about drinking/using _____ (when)?</p> <p>4. What were some of the good thoughts and emotions you had while drinking/using?</p> <p>5. What were some of the good physical feelings you had while drinking/using?</p>	<p>1. What were the negative results of your drinking/using in each of these areas:</p> <p>a) Interpersonal</p> <p>b) Physical</p> <p>c) Emotional</p> <p>d) Legal</p> <p>e) Job</p> <p>f) Financial</p> <p>g) Other</p>