

A-CRA FUNCTIONAL ANALYSIS - RELAPSE VERSION

Relapse in not an event, it is a process.

External Triggers	Internal Triggers	Behavior	Short –Term Positive Consequences	Long-Term Negative Consequences
Who are you with when you drank/used?	What were you thinking about right before you drank/used?	What did you drink/use? (Specifically)	What did you like about drinking/using with _____ (who)?	What were the negative results of your drinking/using in each of these areas:
		How much did you drink/use?	What did you like about drinking/using at _____ (where)?	A) Interpersonal B) Physical
Where did you drink/use?	What did you feel physically right before you drank/used?	How often did you drink/use?	What did you like about drinking/using _____ (when)?	C) Emotional D) Legal
			What were some of the good thoughts and emotions you had while drinking/using?	E) Job
When did you drink/use? (What time of day)	What did you feel emotionally right before you drank/used?	Over how long a period of time did you drink/use?	What were some of the good physical feelings you had while drinking/using?	F) Financial G) Other

Name: _____

Date: _____