

Functional Analysis of Prosocial Behavior

(behavior/activity)

Triggers				
External	Internal	Behavior	Short-Term Negative Consequences	Long-Term Positive Consequences
1. <u>Whom</u> are you usually with when you _____? (behavior/activity)	1. What are you usually <u>thinking</u> about right before you _____? (behavior/activity)	1. <u>What</u> is the nonusing behavior/activity?	1. What do you dislike about _____ (behavior/activity) with _____? (whom)	1. What are the positive results of _____ (behavior/activity) in each of these areas: <ul style="list-style-type: none"> a. Family members b. Friends c. Physical feelings d. Emotional feelings e. Legal situations f. School situations g. Job situations h. Financial situations i. Other situations
2. <u>Where</u> do you usually _____?	2. What are you usually <u>feeling physically</u> right before you _____?	2. <u>How often</u> do you usually _____?	2. What do you dislike about _____ (behavior/activity) _____? (where)	
3. <u>When</u> do you usually _____?	3. What are you usually <u>feeling emotionally</u> right before you _____?	3. <u>How long</u> does _____ usually last?	3. What you dislike about _____ (behavior/activity) _____? (when) 4. What are some of the unpleasant <u>thoughts</u> you have while you are _____? 5. What are some of the unpleasant <u>physical feelings</u> you have while you are _____? 6. What are some of the unpleasant <u>emotional feelings</u> you have while you are _____?	