

# Worksheet

Professional Version | US English

# Functional Analysis



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## Description

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Functional analysis examines the causes and consequences of behavior. One assumption of functional analysis is that behavior is contextual – it is influenced by the environment around the individual. Behavior has consequences and in operant conditioning terms these can be seen to reinforce or punish a behavior, making it more or less likely to occur in the future. This classic A-B-C functional analysis worksheet can be used to collect information about what came before a behavior (antecedents), the behavior itself, and the consequences of the behavior.

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## Instructions

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This is a Psychology Tools case formulation (case conceptualization) diagram. Put simply, case formulation is one method of a client and therapist coming to shared understanding of a difficulty. The formulation contextualizes the difficulty, making its origin and maintenance understandable. Case formulations are best completed collaboratively, with clients positioned as the ‘experts in themselves’.

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## References

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Haynes, S. N., O'Brien, W. H. (1999). *Principles and practice of behavioral assessment*. Springer.

# Functional Analysis

## Antecedents

Factors which preceded a behavior



## Behaviors



## Consequences

What happened as a result of the behavior?

Consider situational (where, when?), social (who was or wasn't there?) and emotional states.

What are the short-term and long-term factors that make this behavior more likely to happen again?

# Functional Analysis

## Antecedents

Factors which preceded a behavior

Nightmare or flashbacks of sexual abuse memory.

Daily life tasks involving leaving the house.

Time alone at home during the day is used to think about life.

Consider situational (where, when?), social (who was or wasn't there?) and emotional states.

## Behaviors

Self-harming behaviors (cutting).

Avoidance of social activity – e.g. won't take children to school.

Rumination about fault and blame for the traumatic events.

## Consequences

What happened as a result of the behavior?

Short-term: Feels 'grounded' – reduction in panicky overwhelmed feelings  
Long-term: Shame about inability to cope.

Feels less anxious when avoids – can avoid anticipatory anxiety too by not even committing to engage in any activity outside.

Short-term: Feels semi-productive at the time – like I might solve it.  
Long-term: I never solve it. Feel depressed and hopeless.

What are the short-term and long-term factors that make this behavior more likely to happen again?

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