Worksheet

Professional Version | US English

Functional Analysis



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Description

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.

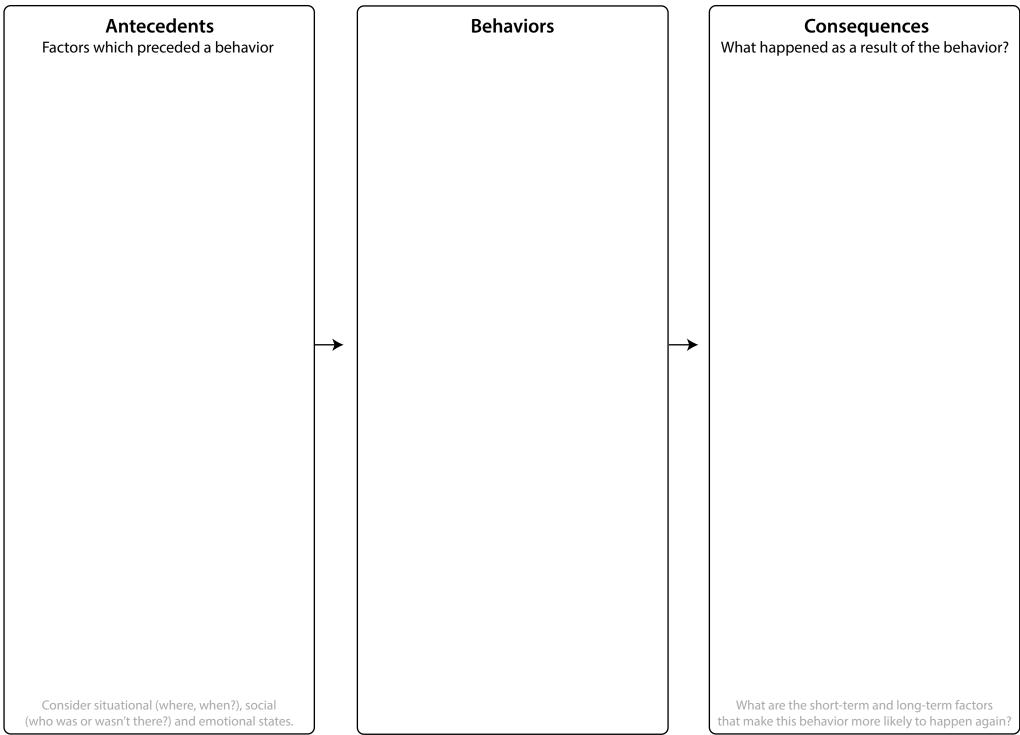
Instructions

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'.

References

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

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Behaviors Antecedents Consequences Factors which preceded a behavior What happened as a result of the behavior? Nightmare or flashbacks of sexual abuse Self-harming behaviors (cutting). Short-term: Feels 'grounded' - reduction in panicky overwhelmed feelings memory. Long-term: Shame about inability to cope. Feels less anxious when avoids - can Avoidance of social activity -Daily life tasks involving leaving the avoid anticipatory anxiety too by not e.g. won't take children to school. house. even committing to engage in any activity outside. Short-term: Feels semi-productive at the Time alone at home during the day is Rumination about fault and blame for time - like I might solve it. used to think about life. the traumatic events. Long-term: I never solve it. Feel depressed and hopeless. What are the short-term and long-term factors Consider situational (where, when?), social (who was or wasn't there?) and emotional states. that make this behavior more likely to happen again?

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