

Functional Analysis of Prosocial Behavior

(behavior/activity)

Triggers		Behavior	Short-Term Negative Consequences	Long-Term Positive Consequences
External	Internal			
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:
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)	a. Family members b. Friends c. Physical feelings d. Emotional feelings
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)	e. Legal situations f. School situations g. Job situations h. Financial situations
			4. What are some of the unpleasant <u>thoughts</u> you have while you are _____?	i. Other situations
			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 _____?	