

CBT 4 AOD: FUNCTIONAL ANALYSIS

NAME:

DATE:

SITUATIONAL FORMULATION

PRECIPITATING FACTOR / TRIGGER (What sets up the use):

PERPETUATING

THOUGHTS

PHYSICAL SENSATIONS

EMOTIONS / MOOD



BEHAVIOUR

LIKE

DON'T LIKE

SITUATIONAL FORMULATION

PRECIPITATING FACTOR / TRIGGER (What sets up the use):

PERPETUATING

THOUGHTS

PHYSICAL SENSATIONS

EMOTIONS/ MOOD



BEHAVIOUR

LIKE

DON'T LIKE

Beck, A. T., Wright, F. D., Newman, C. F., & Liese, B. S. (1993). Cognitive therapy of substance abuse. The Guilford Press.

DeMarce, J. M., Gnys, M., Raffa, S. D., & Karlin, B. E. (2014). Cognitive Behavioral Therapy for Substance Use Disorders Among Veterans: Therapist Manual. Washington, DC: U.S. Department of Veterans Affairs.

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