

Functional Analysis Summary

Client name: _____

Date: _____

- A. Complete a Payoff Matrix (see Form C.6) that identifies the advantages and disadvantages of using substances, and the advantages and disadvantages of not using substances. For a client who is currently using substances, the perceived advantages of using substances (and disadvantages of not using substances) should *outweigh* the perceived advantages of not using substances (and the disadvantages of using substances). The short-term advantages of using substances (and disadvantages of not using) often maintain substance use behavior, despite the long-term disadvantages of using substances and (advantages of not using).
- B. Based on the perceived advantages of using substances, and the disadvantages of not using substances, what factors seem to be most critical in maintaining the client's use of substances (or, if the client is not abusing substances, what factors pose the greatest risk for relapse)?

- C. What strategies might be used to *reduce* some of the negative consequences (or the "costs") of the client's not using substances? Consider rehabilitation-based interventions, such as teaching the client skills to cope with symptoms; providing social skills training to improve social competence and ability to make friends; assisting the client in developing new social outlets and new recreational activities; and helping the client find something meaningful to do (such as employment, supported education for school, or increased parenting responsibilities).

- D. What strategies might be used to *increase* the advantages of not using substances? Consider motivation-based interventions, such as motivational interviewing and contingency contracting.
