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Functional Assessment

Triggers (Antecedents)	Thoughts & Beliefs	Feelings & Sensations	Behavior & Responses	[Positive Consequence]	[Negative Consequence]

Determining the function- questions to ask:

Triggers (Antecedents)	Thoughts & Beliefs	Feelings & Sensations	Behavior & Responses	Positive Consequences	Negative Consequences
Are there connections/ precedents to this?	Where did this thought/ belief come from?	What did I notice?	What was my response?	What did the behavior/ response do?	What did the behavior/ response do?
	What is the evidence?	How did my body feel?	What was the intent of the behavior/response?	What was the result?	What was the result?
	Is this connected to disorder, or order?		Is this connected to disorder, or order?		
	How does this connect to my overall values, beliefs, and goals?		How does this connect to my overall values, beliefs, and goals?		