

Behavioral Analysis Worksheet - Example

When (day of week and time)	Who were you with (before/during)?	Where were you?	What were you thinking/feeling (before/during)?	What did you do?	What were you thinking/feeling after?
Middle of week during the day	Guys at community service	Community service	I got time to stop by my house and to see my grandma and get something to eat	Stopped by the house for a few minutes and then went back to community service.	I shouldn't have done that. I could've got caught.
Sunday morning	Couple of friends	Prison	I'm gonna play this football ticket and make some money.	I played it and got caught with it afterwards	I thought that was a petty rule and it was not about the ticket.
Weekend night	Friends	Prison	I haven't had a cigarette in a long time.	Smoked it and got caught by the CO.	I knew I should have waited to smoke that.
Weekday night	Bunkie	Prison	He want to make hooch at my rack but I'm not sure if I want him to.	I let him because he paid me.	That was stupid. I could get in a lot of trouble.
Weekday afternoon	Dustin	Dustin's house	I feel like shit. I need to get some dope.	I broke into a house and got caught.	Maybe I can get some help now for my addiction.

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Weekday morning	Self	At home	I could get a good chunk of money for mom's TV.	I took the TV to the pawn shop.	I need help.
Weekend	Friends at party	On campus at University	I won't get caught if I drive drunk.	I drove home drunk.	I knew I would be okay.
Weekday morning	Brandon	His friend's house	I could take one of her checks and forge it to get some dope.	I took it and got some money for dope.	I'm gonna get high now and deal with the consequences later.
Friday night	Joey, Brandon	High school football game.	I want to take this liquor into the game with me.	I tried to sneak it into the game.	I got caught. What was I thinking? That was so stupid.
Weekday	Dustin	Dustin's house	We can go rob this guy of all his dope.	Tried to rob him but he pulled out a gun.	I could of just gotten killed.