

ABC ANALYSIS Through **RELATIONALLY FRAMED** Questions to Evoke **CONTEXT SENSITIVITY**
 (Problematic Behavior: **“Heavy Drinking”**)

(FRAMINGS)	ANTECEDENT (observe, describe, track)	BEHAVIOR (observe, describe, track)	CONSEQUENCE (observe, describe, track)
COORDINATION (“is”, “like” “and”)	“Describe what happened prior to your drinking.”	“Describe in detail what you did in response to the urge.”	“Describe what happened to you after you drank all that alcohol.”
DISTINCTION (“not”, “unlike”)	What feelings/thoughts/sensations were you NOT experiencing just prior to your behavior?	“If you were to make space for your guilt/shame feelings, then what might you do that is different from drinking?” *	“What might NOT have happened to you if you had stopped drinking?”
OPPOSITION (“opposite”)	“What would the opposite of panic attack look like?”	“What would happen if you did the opposite of what your thoughts are saying?”	“If you were miraculously sober today, then what would your life look like instead ”
COMPARATIVE (“higher/lower” “more/less”)	“Which of these factors are more likely to lead you to relapse?”	“What would make you more willing to choose an alternative response to your craving?”	“Would you suffer more or less afterwards?”
CONDITIONAL (“if/then”)	“ If you had not passed by the liquor store, do you think you still would have been tempted? ”	“ If you were to make space and allow your guilt/shame feelings to just be there, then what might you do that is different from drinking?” *	“ If you were to drink again, then what would result in the short term? Long term?”*
TEMPORAL (“before-after”)	“ When do you not have those thoughts?”*	“What time of day are you most likely to drink heavily?”	“If you were to drink again, what would result in the short term? Long term? ”*
SPATIAL (“near-far”)	“In what situations and places do you typically experience the urge to drink?”	“ Where are you most likely to drink too much?”	“ Where in your body did you most experience the negative impact of alcohol use?”
DEICTIC (“i-you”/“here- there”/“now- then”)	“If Mr. Anxiety could talk, what would he say to you? ”	“What would your sponsor do in the presence of the triggers?”	“From your daughter’s perspective , what might happen to you if you continue to drink heavily?”
HIERARCHICAL (“part of”)	“Please describe a thought that you were having that influenced you to drink.”	“ What else do you do besides drinking when you are triggered?”	“What might be some other benefits that may come with reducing your drinking?”

-CONTEXT-

(TRANSFORMATION?)

Created by Phillip Cha, MFT (2020)

*Some of these questions are duplicated because they contain multiple relational frames

Inspired by Mastering the Clinical Conversation (Matthieu Villatte, Jennifer Villatte, Steven Hayes, 2016)