

1. When did the problem begin?
2. What do you think might have set it off?
3. Has it gotten better, worse, or just stayed the same over time?
4. How often is this a problem for you?
5. How does the problem impact your life?
6. How big of a problem is this for you on a scale from 1 to 10?
7. When is the problem better? When is it worse?
8. Were there times in the past when this was better? If so, what helped?
9. Are there any other patterns you notice in this problem?
10. What have you tried to do to improve the problem? How has that worked in the short-term (quick relief)? How has that worked in the long-term (better life)?
11. Why is it important for you to find a way to better address this problem now?

Figure 9.7. Functional analysis questions.