

BEHAVIORAL CHAIN ANALYSIS

<p>What is the problem behavior?</p> <p><i>Please include frequency, duration and intensity of behavior.</i></p>	<p>What value(s) does this problem behavior go against?</p>
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<p>What prompting event occurred before the behavior that triggered the problem?</p>	<p>What can do to prevent the prompting event from happening again?</p>
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<p>What things made you more vulnerable?</p> <p>Physical:</p> <p>Emotional:</p> <p>Relationships:</p> <p>Stressors:</p>	<p>What skills can you use to reduce vulnerability in the future?</p>
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Go to page 2, and work through the chain of events before evaluating the consequences.

<p>What were the short term consequences?</p> <p><i>Short term consequences are often positive.</i></p> <p><i>Consider personal, emotional, and relational consequences.</i></p>	<p>What can you do to repair the consequences or harm?</p>
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<p>What are the long term consequences?</p> <p><i>Long term consequences are often negative.</i></p> <p><i>Consider personal, emotional, and relational consequences.</i></p>	<p>What can you do to repair the consequences or harm?</p>
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HINT: Use the “**Ways to Describe Emotions**” handout (Linehan, 2015, p. 214-223) in the *DBT Skills Training Handouts and Worksheets* book to help identify your emotions, actions, urges, and thoughts if you need assistance.

What thoughts did you have?	What skills might you use to reduce the intensity or challenge these thoughts?
What body sensations did you experience?	What skills can you use to reduce the intensity of the body sensations?
What were your urges and actions ?	What skills might you use instead of the ineffective behaviors?
What emotions did you experience? <i>Consider what emotions you expressed versus what you felt.</i> Express: Feel:	What skills can you use to help regulate these emotions?

Now, return to page 1 to review the consequences.