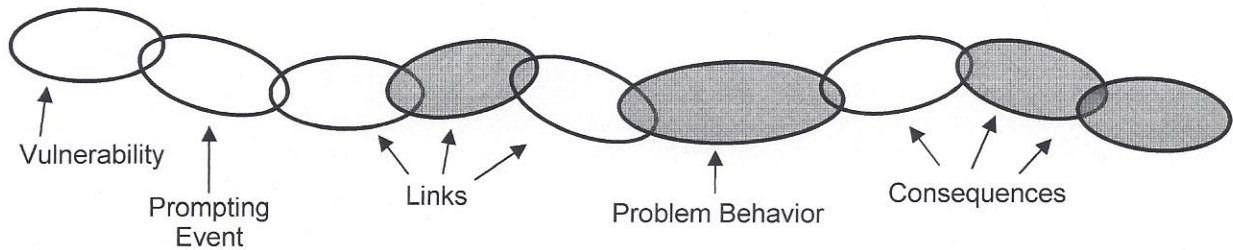


Chain Analysis of Problem Behavior

Name: _____ Date Filled Out: _____ Date of Problem Behavior: _____



What exactly is the major **PROBLEM BEHAVIOR** that I am analyzing?

What **PROMPTING EVENT** in the environment started me on the Chain to my problem behavior?

Start day: _____

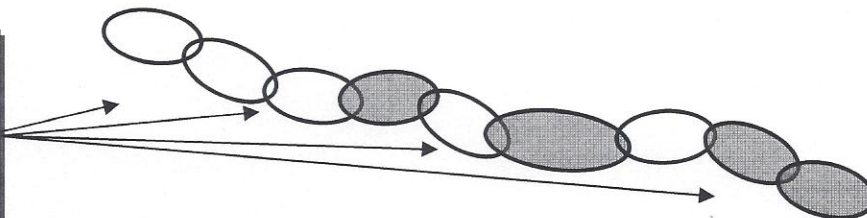
What things in myself and my environment made me **VULNERABLE**?

Start day: _____

Chain Analysis of Problem Behavior

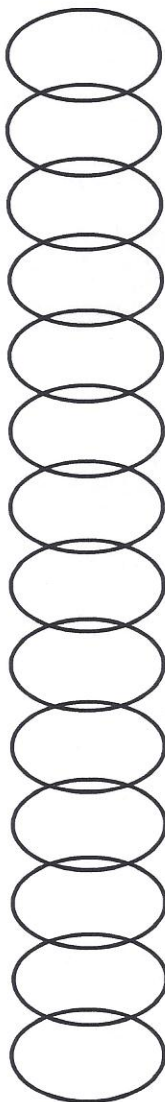
Name: _____ Date Filled Out: _____

Possible Types of Links
A = Actions
B = Body sensations
C = Cognitions
E = Events
F = Feelings



LINKS

List actual, specific behaviors and then list new, more skillful behaviors to replace ineffective behaviors:



1st _____

2nd _____

3rd _____

4th _____

5th _____

6th _____

7th _____

8th _____

9th _____

10th _____

11th _____

12th _____

13th _____

14th _____

Chain Analysis of Problem Behavior

Name: _____ Date Filled Out: _____

What exactly were the major **CONSEQUENCES** in the environment?

Immediate:

Delayed:

What exactly were the major **CONSEQUENCES** in the myself?

Immediate:

Delayed:

What **PROMPTING EVENT** in the environment started me on the Chain to my problem behavior?
Start day: _____

INSTRUCTIONS FOR CHAIN ANALYSIS WORKSHEET

1. Describe the specific *PROBLEM BEHAVIOR* – e.g., throwing a chair, cutting, hearing voices, dissociating, not coming to a therapy appointment, etc. (Behaviors that are targeted in the treatment plan, or diary card.)
 - A. Be very specific and detailed. No vague terms.
 - B. Identify exactly what you did, said, thought, or felt (if feelings are the targeted problem behavior).
 - C. Describe the intensity of the behavior and other characteristics of the behavior that are important.
 - D. Describe problem behavior in enough detail that an actor in a play or movie could recreate the behavior exactly.

2. Describe the specific *PROMPTING EVENT* that started the whole chain of behavior. Start with the environmental event that started the chain. A prompting event is an event outside the person that triggers the chain of events leading to the problem behavior. Always start with some event in your environment, even if it doesn't seem to you that the environmental event "caused" the problem behavior. Possible questions to get at this are:
 - A. What exact event precipitated the start of the chain reaction?
 - B. When did the sequence of events that led to the problem behavior begin? When did the problem start?
 - C. What was going on the moment the problem started?
 - D. What were you doing, thinking, feeling, imagining at that time?
 - E. Why did the problem behavior happen on that day instead of the day before?

3. Describe in general what things (both in yourself and in the environment) made you *VULNERABLE* to the prompting event. What factors or events made you more vulnerable to a problematic chain? What gave the prompting event such power? Areas to examine are:
 - A. Physical illness; unbalanced eating or sleeping; injury
 - B. Use of drugs or alcohol; misuse of prescription drugs
 - C. Stressful events in the environment (either positive or negative)
 - D. Intense emotions, such as sadness, anger, fear, loneliness
 - E. Previous behaviors of your own that you found stressful

4. Describe in excruciating detail *THE LINKS IN THE CHAIN OF EVENTS* that hooked the prompting event to the problem behavior.
 - A. Links in the chain can be:
 - Actions or things you do;
 - Body sensations or feelings;
 - Cognitions, e.g., beliefs, expectations or thoughts;
 - (the dash is here for D)
 - Events in the environment or things others do;
 - Feelings and emotions that you experience.
 - B. Imagine that your problem behavior is chained to the prompting event in the environment. How long is the chain? Where does it go? What are the links? Write out all links in the chain of events, no matter how small. Be very specific, as if you are writing a script for a play.
 1. What exact thought (or belief), feeling, or action followed the precipitating event? What thought, feeling, or action followed that? What next? What next? etc.
 2. Look at each link in the chain after you write it. Was there another thought, feeling, or action that could have occurred? Could someone else have thought, felt, or acted differently at that point? If so, explain how that specific thought, feeling, or action came to be.
 3. For each link in the chain, ask is there a smaller link you could describe.

5. What are the *CONSEQUENCES* of this behavior? Be specific. Examine both the immediate (in just seconds) effects and the delayed or longer term effects. Figure out the reinforcers for the behavior.
 - A. How did other people react immediately and later?
 - B. How did you feel immediately following the behavior? Later?
 - C. What effect did the behavior have on you and your environment immediately and later?

6. Describe in detail different more skillful *SOLUTIONS* to the problem.
 - A. Go back to the chain of your behaviors following the prompting event.? Circle each point or link (or fill in link with your pencil) where if you had done something different you would have avoided the problem behavior.
 - B. What could you have done differently at each link in the chain of events to avoid the problem behavior? What coping behaviors or skillful behaviors could you have used?

7. Describe in detail *PREVENTION STRATEGY* for how you could have kept the chain from starting by reducing your vulnerability to the chain.

8. Describe a plan for *SOLVING* the prompting event (if it were to happen again) or keeping it from happening again.

9. Think through the *HARMFUL* consequences of your behavior. Figure out what is harmed so you can figure out what you need to repair or correct. Look at yourself, at your environment, and at people in your environment to see if there are any harmful consequences.

10. Describe what you are going to do to *REPAIR* important or significant consequences of the problem behavior? Describe what you will do to *CORRECT* the harm that resulted from your problem behavior. Describe how you will make things just a little bit better than they were before, that is, how you will *OVERCORRECT* the harm.

11. In this space, you can write whatever reflects your *DEEPEST THOUGHTS AND FEELINGS* about this episode. Just start writing and continue for five minutes or so without stopping. If the topic gets upsetting to you, shift topics and keep writing. Or, you can write out any comments that you have about the analysis.