Behavioural Chain Analysis

Prompting Event

Links
(Thoughts/ Interpretations, Feelings, Behaviours, Events)

Problem Behaviour

Consequences
(positive, negative, short/long-term)

Vulnerabilities (What happened *before* the event that made me more susceptible to reacting in a problematic way?)

E.g. Physical pain/illness, isolation, unbalanced sleeping/eating, intense emotions, substance-use, environmental stressors

Skillful Behaviour (What skills did I use? What could I have done instead?)

Hailey Goldberg MSW, RSW, 2020. Adapted from *DBT Skills Training Handouts and Worksheets*, Second Edition, Marsha M. Linehan, 2015, Guildford Press