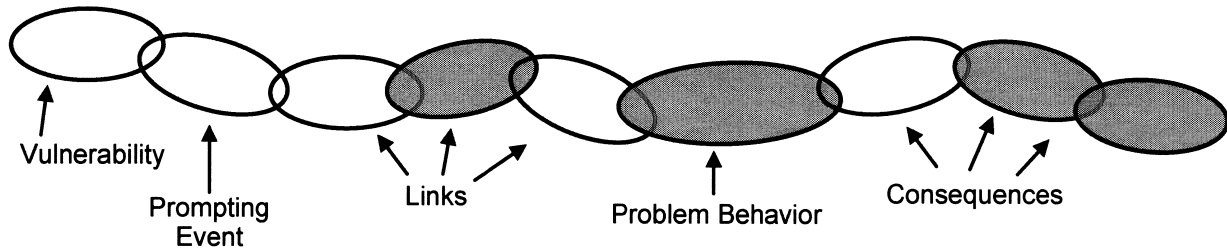


Chain Analysis of Problem Behavior

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**?

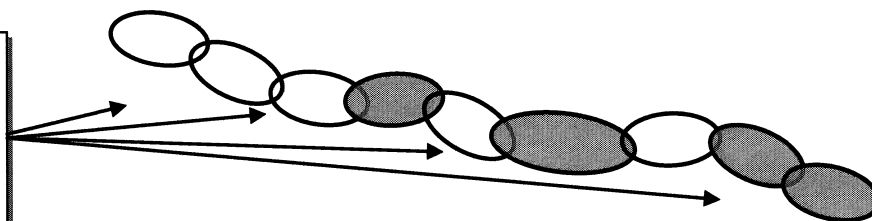
Start day: _____

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:

1 st	_____
2 nd	_____
3 rd	_____
4 th	_____
5 th	_____
6 th	_____
7 th	_____
8 th	_____
9 th	_____
10 th	_____
11 th	_____
12 th	_____
13 th	_____
14 th	_____

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?

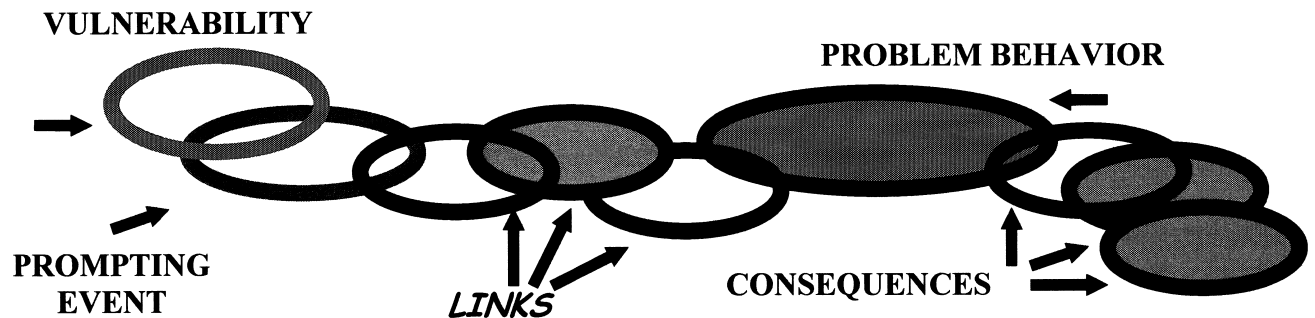
Immediate:

Delayed:

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

CHAIN ANALYSIS

To understand behavior, do a chain analysis.



- STEP 1:** Describe the **PROBLEM BEHAVIOR**.
- STEP 2:** Describe the **PROMPTING EVENT** that started the chain of events leading to the problem behavior.
- STEP 3:** Describe the factors happening before the event that made you **VULNERABLE** to starting down the chain of events towards the problem behavior.
- STEP 4:** Describe in excruciating detail the **CHAIN OF EVENTS** that led to the problem behavior.
- STEP 5:** Describe the **CONSEQUENCES** of the problem behavior.

To change behavior:

- STEP 6:** Describe **SKILLFUL** behaviors to replace problem links in the chain of events.
- STEP 7:** Develop **PREVENTION PLANS** to reduce vulnerability to stressful events.
- STEP 8:** **REPAIR** important or significant consequences of the problem behavior.

GENERAL HANDOUT 3b (Worksheet 2, 2a)

CHAIN ANALYSIS STEP-BY-STEP INSTRUCTIONS

Describe the specific PROBLEM BEHAVIOR - i.e., over-eating or over-drinking, yelling at your kids, throwing a chair, overwhelming emotional outburst, dissociating, not coming or coming late to skills training, putting off or refusing to do skills practice, etc.

- 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). Identify what *you did not* do.
- 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.
- E. If the behavior is something *you did not do*, ask if a) you did not know you needed to do it (it did not get into short term memory); b) you forgot it and later it never came your mind to do it (it did not get into long term memory); c) you put it off when you did think of it; d) you refused to do it when you thought of it; e) you were willful and rejected doing it or some other behavior, thoughts or emotions interfered with doing it. If a) or b) are the case, skip from here to step 6 below, working on solutions. Otherwise, keep going from here.

2. Describe the specific PROMPTING EVENT that started the whole chain of behavior.

Start with the environmental event that started the chain. 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 specific VULNERABILITY FACTORS happening *before* the prompting event. What factors or events made you more vulnerable to reacting to the prompting event with a problematic chain? 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 first came into your mind;

4. Describe in excruciating detail the CHAIN OF EVENTS that led to the problem behavior.

What next? Imagine that your problem behavior is chained to the precipitating 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. Links in the chain can be:

- A. Actions or things you do;
- B. Body sensations or feelings;
- C. Cognitions, e.g., beliefs, expectations or thoughts;
- D. Events in the environment or things others do;
- E. Feelings and emotions that you experience;

What exact thought (or belief), feeling, or action followed the prompting event? What thought, feeling, or action followed that? What next? What next? etc.

1. 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.
2. For each link in the chain, ask is there a smaller link you could describe.

5. Describe the CONSEQUENCES of this behavior? Be specific. (How did other people react immediately and later? How did you feel immediately following the behavior? Later? What effect did the behavior have on you and your environment?)

6. Describe in detail at each point where you could have used a **SKILLFUL** behavior to head off the problem behavior. What key links were most important in leading to the problem behavior? Find the behaviors that if you eliminated them, the problem behavior probably would not have happened.

- A. Go back to the chain of behaviors following the prompting event. Circle each link 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 a PREVENTION STRATEGY for how you could have kept the chain from starting by reducing your vulnerability to the chain.

8. Describe what you are going to do to REPAIR important or significant consequences of the problem behavior.

- A. Analyze what did you really harm? What was the negative consequence you can repair?
- B. Look at the harm or distress you actually caused others and harm or distress you caused yourself. Repair what you damaged. (Don't bring flowers to repair a window you broke: fix the window! Repair the betrayal of trust by being very trustworthy long enough to fit the betrayal rather than trying to fix it with love letters and constant apologies. Repair failure by succeeding not by berating yourself.)