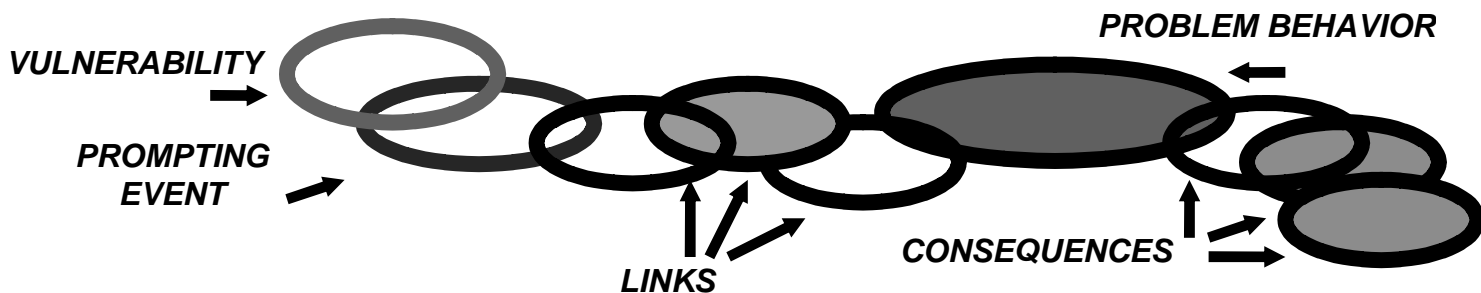


Chain Analysis of Problem Behavior

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

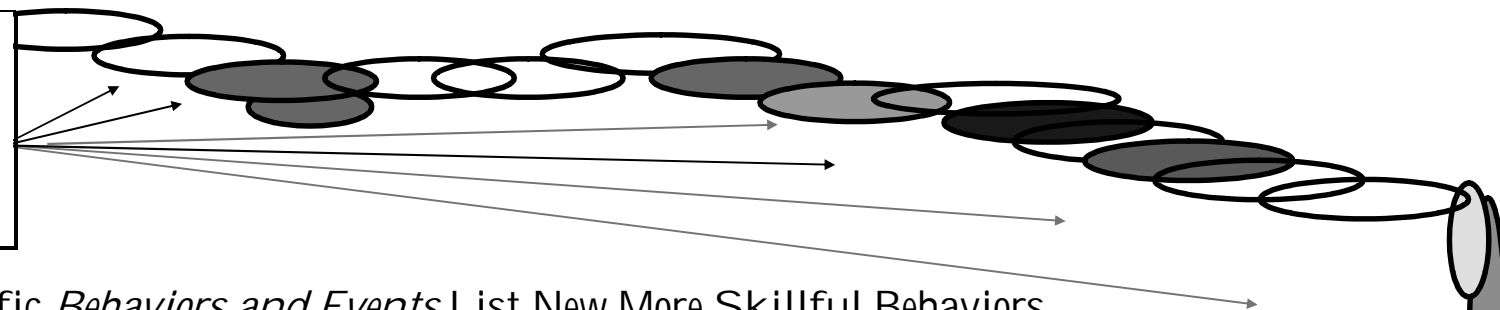
Name: _____

Date Filled Out: _____

LINKS OF BEHAVIOR (Actions; Body sensations; Cognitions; Feelings) and EVENTS

Possible Types of Links

- A=Actions
- B=Body sensations
- C=Cognitions
- E=Events
- F=Feelings



LINKS List Actual Specific Behaviors and Events List New More Skillful Behaviors

1 st	_____	_____
2 nd	_____	_____
3 rd	_____	_____
4 th	_____	_____
5 th	_____	_____
6 th	_____	_____
7 th	_____	_____
8 th	_____	_____
9 th	_____	_____

Chain Analysis of Problem Behavior

10th _____

Chain Analysis of Problem Behavior

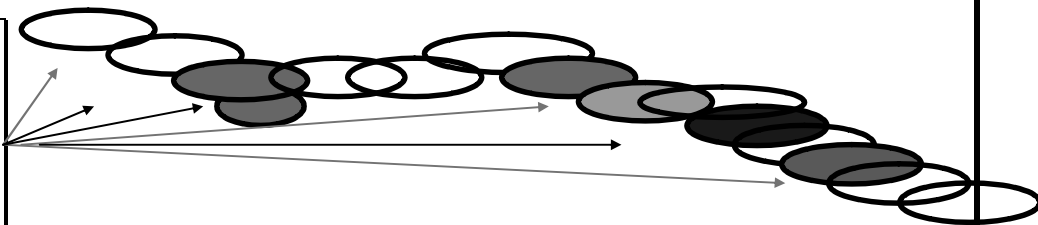
Name: _____

Date Filled Out: _____












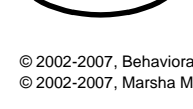

Alternate Page 2

LINKS OF BEHAVIOR (Actions; Body sensations; Cognitions; Feelings) and EVENTS

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	_____

Chain Analysis of Problem Behavior

14th _____

Name: _____ Date Filled Out: _____

Page 3

WHAT EXACTLY WERE THE *CONSEQUENCES* IN THE ENVIRONMENT?

Immediate:

Delayed:

and IN MYSELF?

Immediate:

Delayed:

WAYS TO REDUCE MY *VULNERABILITY* IN THE FUTURE:

WAYS TO PREVENT *PROMPTING EVENT* FROM HAPPENING AGAIN:

WHAT *HARM* DID MY *PROBLEM BEHAVIOR* CAUSE?

PLANS TO *REPAIR, CORRECT, AND OVER-CORRECT* THE HARM:

MY DEEPEST THOUGHTS AND FEELINGS ABOUT THIS (THAT I WANT TO SHARE):

Chain Analysis of Problem Behavior



Chain Analysis of Problem Behavior

Name: _____

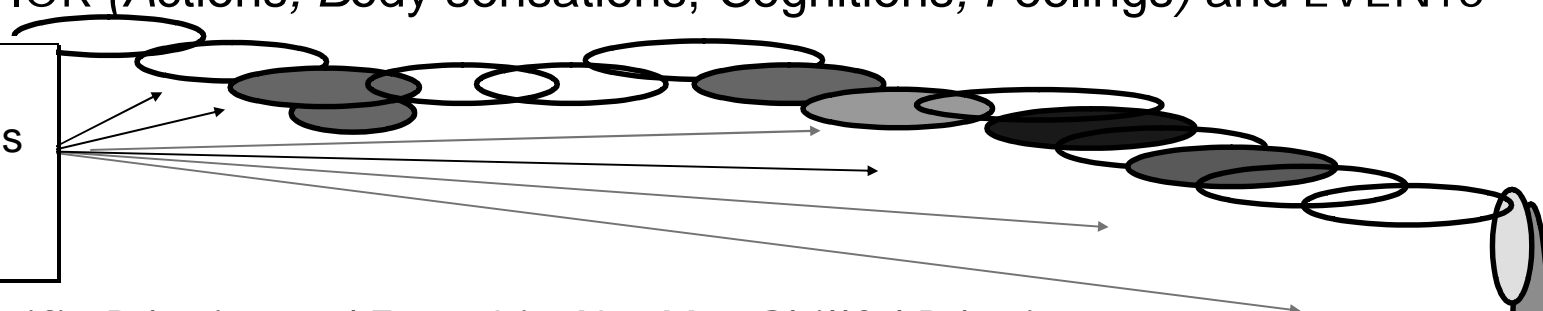
Date Filled Out: _____

Page _____

LINKS OF BEHAVIOR (Actions; Body sensations; Cognitions; Feelings) and EVENTS

Possible Types of Links

- A=Actions
- B=Body sensations
- C=Cognitions
- E=Events
- F=Feelings



LINKS List *Actual Specific Behaviors and Events* List *New More Skillful Behaviors*

1 st		
2 nd		
3 rd		
4 th		
5 th		
6 th		
7 th		
8 th		
9 th		

Chain Analysis of Problem Behavior

10th

Chain Analysis of Problem Behavior

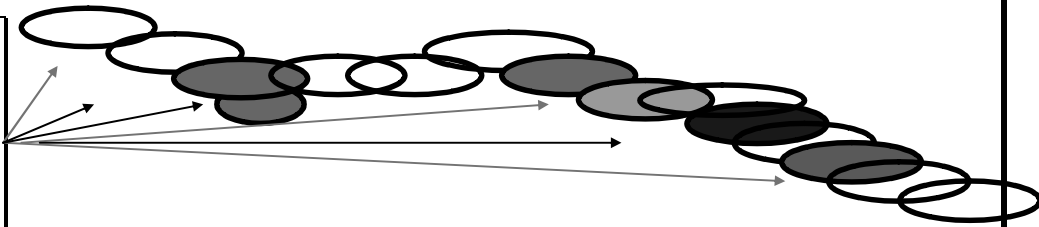
Name: _____

Date Filled Out: _____














Page _

LINKS OF BEHAVIOR (Actions; Body sensations; Cognitions; Feelings) and EVENTS

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	_____

Chain Analysis of Problem Behavior

14th _____

Chain Analysis of Problem Behavior

TOSS THIS PAGE