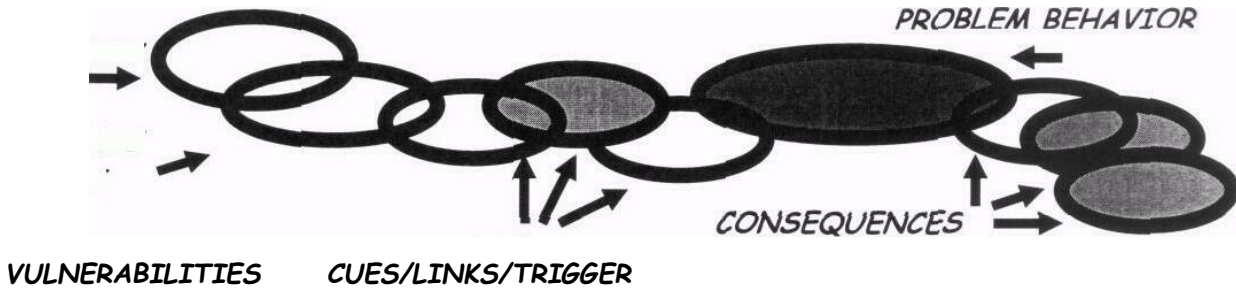


BEHAVIORAL ANALYSIS WORKSHEET

"Completing your Behavior Chain"

Complete this worksheet to prepare for a behavior analysis discussion with your therapist

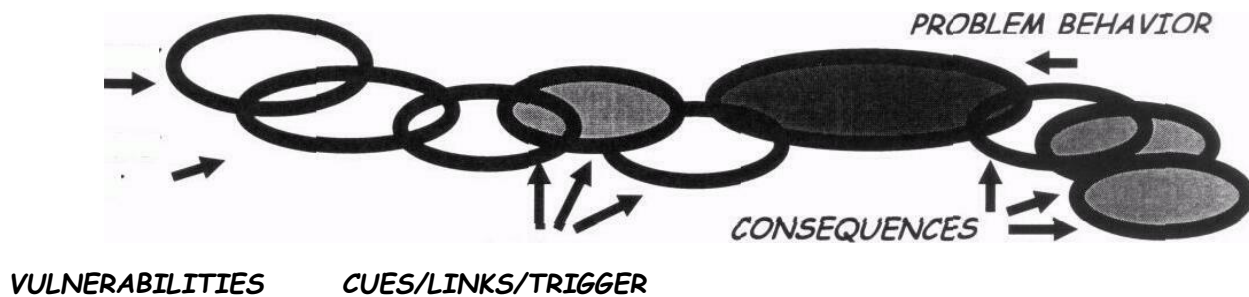
Your Name: _____ Date of Problem Behavior: _____



1. Describe the specific **PROBLEM BEHAVIOR** i.e., property destruction, self harm, running, physical aggression, using, (behaviors that are targeted in the treatment plan or diary card). You need to describe the behavior in enough detail so that an actor could recreate the behavior exactly.

- Be very specific, no vague terms. Use **"I" statements**.
- Identify exactly what you did, said, thought or felt (if feelings are the targeted problem behavior).
- Describe the intensity of the behavior and other characteristics of the behavior that are important.

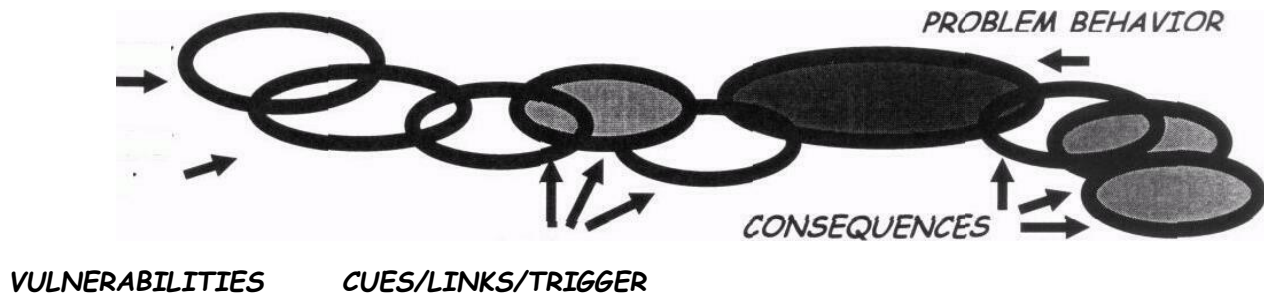
"Completing your Behavior Chain"



2. Describe the specific **PROMPTING EVENTS** (triggers) that started the whole chain of behavior. Always start with some event in your environment, even if it doesn't seem to you that the environment event "caused" the problem behavior.

- What exact event started the start of the chain reaction?
- When did the sequence of events that led to the problem behavior begin? When did the problem start? Days ago? Hours ago?
- What was going on the moment the problem started?
- What were you doing, thinking, feeling, and imagining at that time?
- Why did the problem behavior happen at that exact day/time instead of another?

"Completing your Behavior Chain"



3. Describe what things were going on *both* inside you and/or around you that left you feeling **VULNERABLE** (more sensitive or more likely to act out) to the prompting event. What gave the prompting event such power this time compared to others. Some ideas to consider include:

- Physical illness; unbalanced eating or sleeping; injury
- Drug or alcohol cravings or use
- Stressful events in the environment (positive or negative)
- Intense emotions already there (sadness, anger, fear, anxiety, loneliness)
- Thoughts, beliefs, assumptions, physical sensations, memories, flashbacks

"Completing your Behavior **Chain**"

4. What did you want to happen as a result of the behavior? What problem were you trying to solve? What was the function of the behavior?

5. How did the chain end? What made you stop the problem behavior?

6. What were the RESULTS that happened to you? Include both immediate and delayed, positive and negative outcomes or consequences.

Immediate:

Delayed:

7. What were the RESULTS that happened to others? Include both immediate and delayed, positive and negative outcomes or consequences.

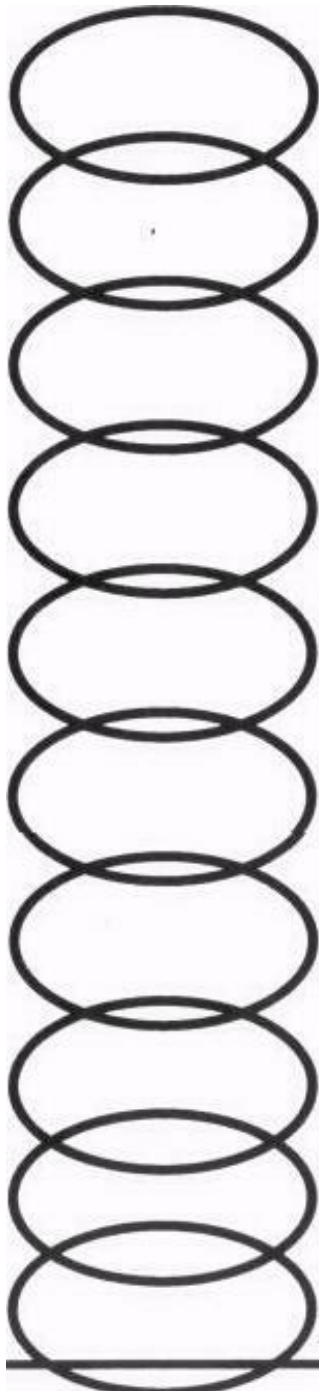
Immediate:

Delayed:

Chain Analysis of Problem Behavior LINKS

Possible Types of Links: A- Actions B- Bodily Sensations C- Cognitions (Thoughts) E- Events F- Feelings

List Actual Specific Behaviors and Events List New More Skillful Behaviors

	<p>1st_</p>		
	<p>2nd</p>		
	<p>3rd</p>		
	<p>4th</p>		
	<p>5th</p>		
	<p>6th</p>		
	<p>7th</p>		
	<p>8th</p>		
	<p>9th</p>		
	<p>10th</p>		