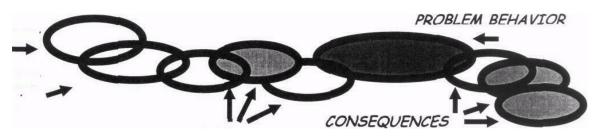
#### BEHAVIORAL ANALYSIS WORKSHEET

# "Completing your Behavior Chain"

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

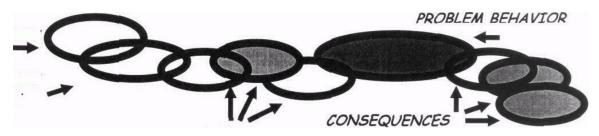
Your Name:	Date of Problem Behavior:	



#### VULNERABILITIES CUES/LINKS/TRIGGER

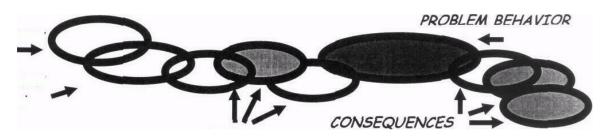
- 1. Describe the specific **PROBLEM BEHAVIOR** i.e., property destruction, self harm, running, physical aggression, using, (behaviors that are targeted in the treatment plan or diary card). You need to describe the behavior in enough detail so that an actor could recreate the behavior exactly.
  - Be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

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#### VULNERABILITIES CUES/LINKS/TRIGGER

- 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?



#### VULNERABILITIES CUES/LINKS/TRIGGER

- 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

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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?
	What were the RESULTS that happened to you? Include both immediate and layed, 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:

8.	Look at your answer in #2. Can you AVOID the Trigger/Prompting Event? If so, how?
9.	If you can't avoid the Trigger/Prompting Event, what skills can you learn and practice to help you respond better to it in the future?
10	Look at your answer in #2. What can you do in the future to provent yourself from
10.	Look at your answer in #3. What can you do in the future to prevent yourself from being so VULNERABLE?
11.	How can you correct the harm you have caused others or yourself due to the problem behavior? What repairs can you make? How can you restore the relationship to even better than it was before the behavior occurred?
12	2. What skills are you going to practice this week to prevent this from happening again?

## 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

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