

# Chain Analysis of Problem Behavior

Name: \_\_\_\_\_

Date completed: \_\_\_\_\_

**What exactly is the major PROBLEM BEHAVIOR that I am analyzing?**

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**What PROMPTING EVENT in the environment started me on the chain of my problem behavior?**

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**What things in myself and my environment made me VULNERABLE?**

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**What exactly were the consequences in the environment?**

**IMMEDIATE:**

**DELAYED:**

**And in myself?**

**IMMEDIATE:**

**DELAYED:**

**Solution Analysis: (after completing chain)**

- 1.
- 2.
- 3.

## **Instructions for Chain Analysis and Worksheet**

### **PROBLEM BEHAVIOR**

Specifically list the problem behavior (cutting, drinking alcohol, restricting, purging, exercising, etc.). This problem behavior should match what you have identified as an “inner circle behavior” on your three circles worksheet. If it is not, discuss with your therapist about adding the behavior to your inner circle.

### **PROMPTING EVENT**

Start with the event you think triggered the chain reaction that led to the behavior. The event must be within 24 waking hours of the behavior. Ask yourself: What was going on the moment the problem started? What were you doing, thinking, feeling, imagining at that time? What caused the behavior to happen on that day versus another (what was different)?

### **VULNERABILITY**

List as many things as possible that made you vulnerable to the prompting event and the resulting behavior. Think of HALT—too hungry, angry, lonely, or tired. What stressful events were occurring in the environment? What feelings were present?

### **CONSEQUENCES**

Specifically list consequences that occurred in the ENVIRONMENT and in YOU (MYSELF) because of the behavior. Remember that consequences aren’t always “negative”. Feeling numb is a consequence.

### **THE CHAIN**

Describe in excruciating detail the links in the chain of events that hooked the prompting event to the problem behavior. Links in the chain can be

A—Actions

B—Body sensations

C—Cognitions or thoughts, beliefs

E—Events in the environment or things others do

F—Feelings

### **SOLUTION ANALYSIS**

Choose three links in the chain that you believe could be changed and list the change options.

