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:** ____________

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

<table>
<thead>
<tr>
<th>Possible Types of Links</th>
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<tbody>
<tr>
<td>A = Actions</td>
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<td>B = Body sensations</td>
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<td>C = Cognitions</td>
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<td>E = Events</td>
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<td>F = Feelings</td>
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**LINKS** List Actual Specific Behaviors and Events List New More Skillful Behaviors

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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

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

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

Possible Types of Links
A = Actions
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E = Events
F = Feelings

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

1st
2nd
3rd
4th
5th
6th
7th
8th
9th
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
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**LINKS** List Actual Specific Behaviors and then list New More Skillful Behaviors to Replace Ineffective Behaviors

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

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