Chain Analysis of Problem Behavior

Due Date: ____________  Name: ________________________________  Date: ____________

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

2. What PROMPTING EVENT in the environment started me on the chain to my problem behavior? Include what happened RIGHT BEFORE the urge or thought came into my mind.
   Day prompting event occurred: ________________________________

3. Describe what things in myself and in my environment made me VULNERABLE.
   Day the events making me vulnerable started: ________________________________

(continued on next page)
LINKS IN THE CHAIN OF EVENTS: Behaviors (Actions, Body sensations, Cognitions/Thoughts, Feelings) and Events (in the environment)

Possible Types of Links
A. Actions
B. Body sensations
C. Cognitions/thoughts
E. Events
F. Feelings

4. List the chain of events (specific behaviors and environmental events that actually did happen). Use the ABC-EF list above.

1st. __________________________

2nd. __________________________

3rd. __________________________

4th. __________________________

5th. __________________________

6th. __________________________

7th. __________________________

8th. __________________________

9th. __________________________

6. List new, more skillful behaviors to replace ineffective behaviors. Use the ABC-EF list.

1st. __________________________

2nd. __________________________

3rd. __________________________

4th. __________________________

5th. __________________________

6th. __________________________

7th. __________________________

8th. __________________________

9th. __________________________

(continued on next page)
LINKS IN THE CHAIN OF EVENTS: Behaviors (Actions, Body sensations, Cognitions/Thoughts, Feelings) and Events (in the environment)

Possible Types of Links
A. Actions
B. Body sensations
C. Cognitions/thoughts
D. Events
E. Feelings

4. List the chain of events (specific behaviors and environmental events that actually did happen). Use the ABC-EF list above.

10th. ______________________________________

11th. ______________________________________

12th. ______________________________________

13th. ______________________________________

14th. ______________________________________

15th. ______________________________________

16th. ______________________________________

17th. ______________________________________

6. List new, more skillful behaviors to replace ineffective behaviors. Use the ABC-EF list.

10th. ______________________________________

11th. ______________________________________

12th. ______________________________________

13th. ______________________________________

14th. ______________________________________

15th. ______________________________________

16th. ______________________________________

17th. ______________________________________

(continued on next page)
5. What exactly were the *consequences* in the environment?

And in myself?

What *harm* did my problem behavior cause?

7. *Prevention plans:*
   - Ways to reduce my *vulnerability* in the future:

   Ways to prevent *precipitating event* from happening again:

8. Plans to *repair*, correct, and overcorrect the harm: