

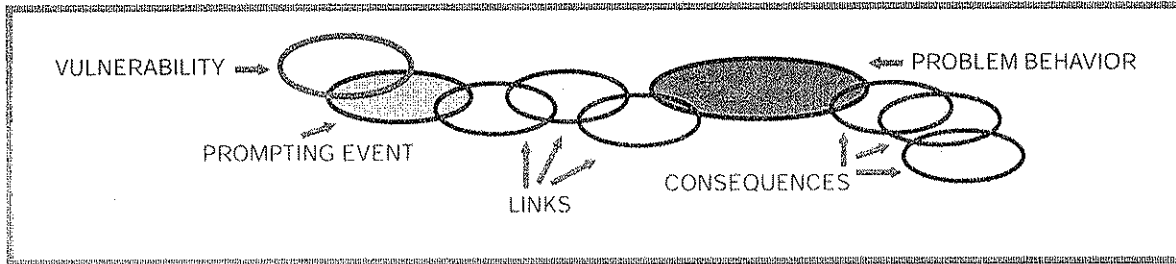
# GENERAL WORKSHEET 2A (p. 1 of 3)

(General Handouts 7, 7a)

## Example: Chain Analysis of Problem Behavior

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_

Problem Behavior: \_\_\_\_\_



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

*Drinking too much and driving drunk*

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: Monday

*My sister from out of town called me and said she was not going to come visit me the next week like she had said she would, because her husband had an important business party he wanted her to attend with him.*

3. Describe what things in myself and in my environment made me **VULNERABLE**.

Day the events making me vulnerable started: Sunday

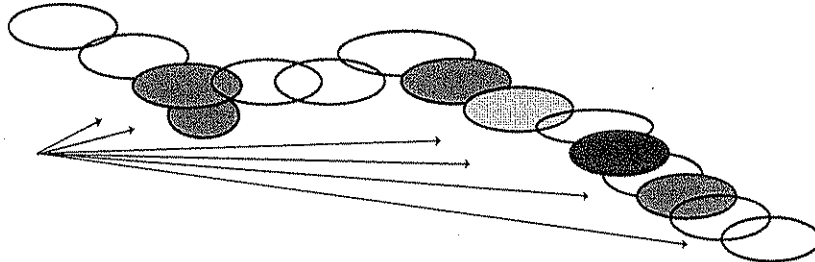
*My boyfriend said he had to take a business trip sometime in the next month.*

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**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. *I felt hurt and started sobbing on the phone with my sister and was angry with her.*
- 2nd. *I thought, "I can't stand it. No one loves me."*
- 3rd. *I felt very ashamed once I hung up from talking to my sister.*
- 4th. *I thought "My life is useless; no one will ever be here for me."*
- 5th. *Tried watching TV, but nothing was on I liked.*
- 6th. *I started feeling agitated and thought, "I can't stand this."*
- 7th. *I decided to drink a glass of wine to feel better, but ended up drinking two whole bottles.*
- 8th. *Got in my car to drive to a late-night concert.*
- 9th. *While I was bending down to pick up a piece of paper, car swerved. I was stopped by a cop and taken in on a DUI.*

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

- 1st. *Listen to why my sister could not come.*
- 2nd. *Remember that my sister and my boyfriend love me.*
- 3rd. *Check the facts; is my sister going to reject me over this?*
- 4th. *Call my sister back and apologize for being angry (since I know she will validate how I feel).*
- 5th. *Download a movie, work on a puzzle, or call a friend instead.*
- 6th. *Try my TIP skills to bring down arousal.*
- 7th. *Walk down the street and have a dinner out, because I won't drink too much in public.*
- 8th. *Call my boyfriend and ask him to come over for a while.*
- 9th. *Take a long bath, try TIP skills again; Keep checking the facts; remember these emotions will pass; call my therapist for help.*

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

*Short-term: I had to spend the night in jail.*

*Long-term: My boyfriend has less trust in me; my sister is upset about it.*

**And in myself?**

*Short-term: I am ashamed and furious with myself.*

*Long-term: I will have to pay more for car insurance and may have trouble getting a job.*

**What harm did my problem behavior cause?**

*It hurt me by giving me a DUI record. My sister feels guilty because she upset me.*

**7. Prevention plans:**

**Ways to reduce my vulnerability in the future:**

*Make plans for how to cope whenever my boyfriend is out of town.*

**Ways to prevent precipitating event from happening again:**

*I can't keep the precipitating event from happening, so I need to practice coping ahead and have plans for how to manage when I am at home alone.*

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

*Apologize to my sister and reassure her that she has a perfect right to change her plans. Work with her to plan a new time for a visit. Ask if it would be easier for her if I came to visit her.*