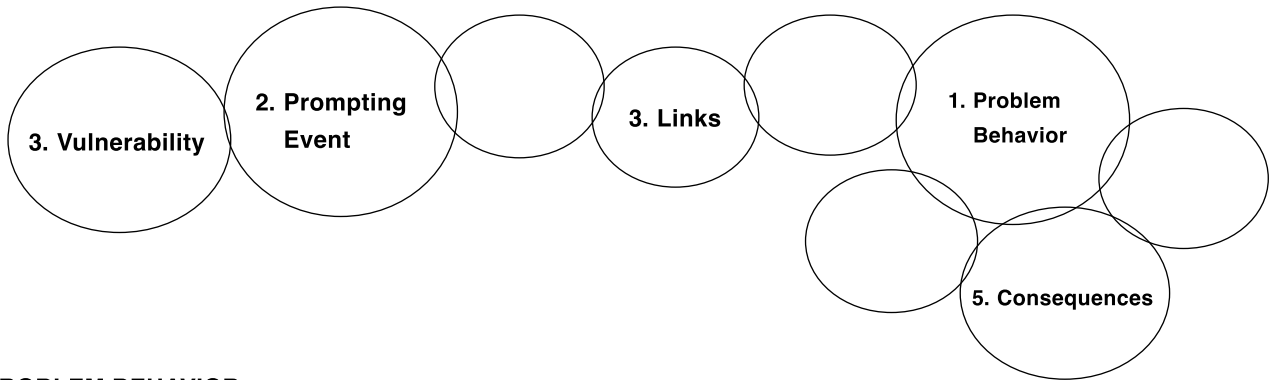


Chain Analysis DBT Worksheet

Name: _____ Date: _____

Physician's Name: _____



1. PROBLEM BEHAVIOR

Instructions: Describe the problem behavior in detail. Be very specific and if you can, identify what you did, said, thought, or felt. Also, describe the behavior's intensity and other important characteristics of said behavior. The goal is for you and the physician to clearly picture/understand what the problem behavior is.

2. PROMPTING EVENTS

Instructions: Describe what happened right before the behavior even if it may not be the cause. You may also elaborate on when the event began, what was happening at the time, and what were you doing/thinking/feeling. If the behavior followed a day or two after the event, why is that so?

3. VULNERABILITY

Instructions: What were the things in yourself or your environment that made you vulnerable to the event? (e.g. injury, thoughts, beliefs, stressful events in the environment)

4. LINKS

Instructions: List the chain of events that led to the behaviors. Here's a list of the possible types of links as a guide: A - actions, B - bodily sensations, C - Cognitions (Thoughts), E - events, F- feelings

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

5. CONSEQUENCES

Instructions: Write down the consequences of your behavior to your environment, to others, and to yourself. What harm did your problem behavior cause?

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6. COPING/SKILLFUL BEHAVIORS

Instructions: Write down what you could've done differently to avoid the problem behavior. At what point could you have avoided the problem behavior? What coping/skill behaviors could you have used or will practice for the future?

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7. PREVENTION

Instructions: Write down what you can do in the future to prevent being vulnerable.

8. SOLVING

Instructions: Write down what would you do if it were to happen again, more specifically in regards to the prompting event. Alternatively, are there any ways you can correct the harm you have caused yourself or others?

9. SHARING

Instructions: Write down any thoughts or feelings that come to mind you're not able to write in the previous sections. You may go back and check the other sections if it helps.