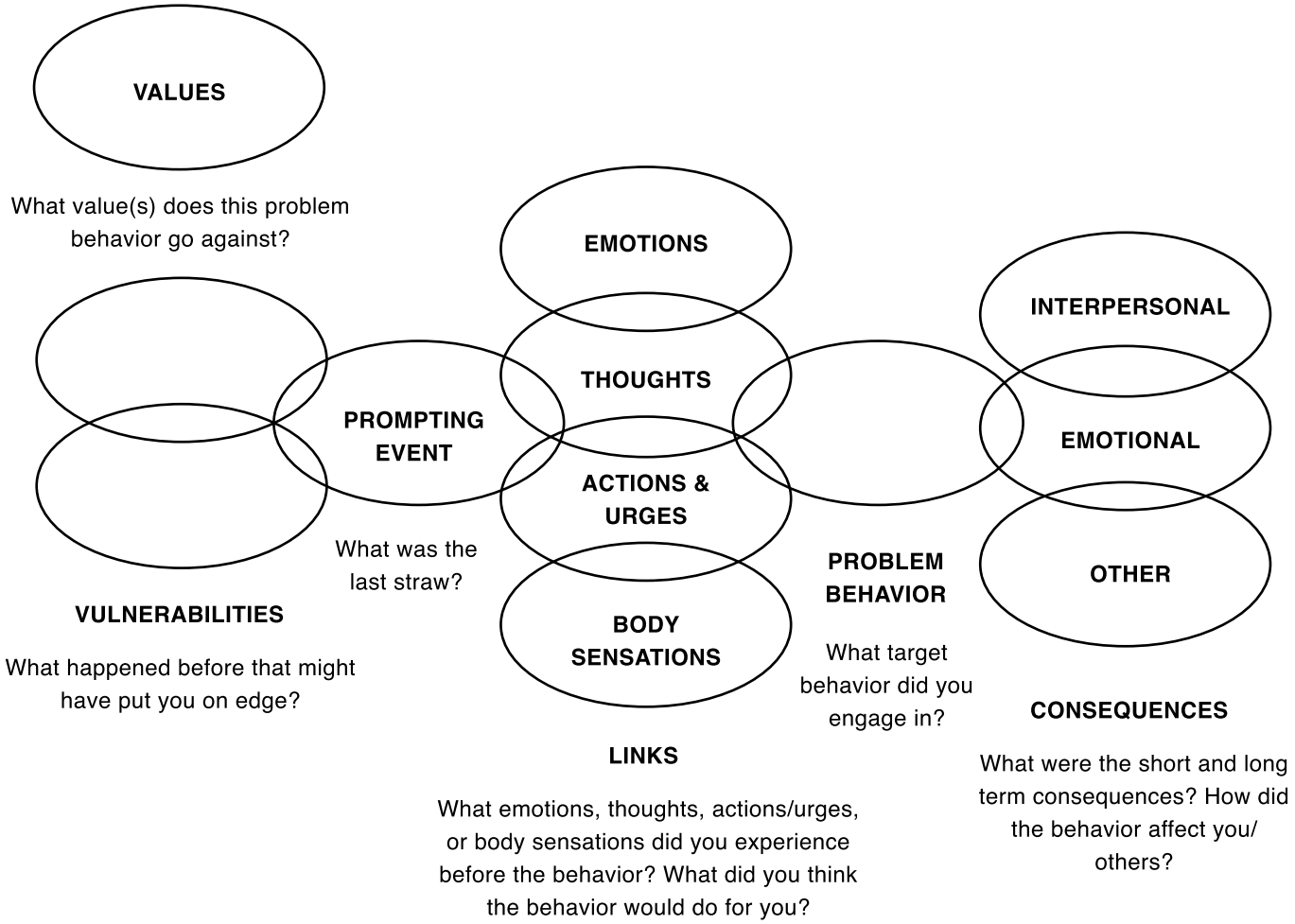
Behavior Chain Analysis Worksheet

Client's Full Name: _____ **Date:** _____

Therapist's Full Name: _____



1. What is the problematic behavior you identified?

Please describe the specific problematic behavior that you wish to discuss. This can be as simple as you yelling at your loved ones over an argument, throwing rocks, breaking glass, self-harm, etc.

Be as specific and descriptive as you can possibly be. You can even mention more than one problematic behavior, if you wish.

Adapted from the Behavior Chain Analysis Worksheet of by Marsha M. Linehan, Ph.D and the version made by Rogers University.

2. What were your emotions, thoughts, urges/actions, and body sensations when you enacted this problematic behavior?

Identify what you felt (emotions and body sensations) and thought when enacting this behavior. What are actions that you did as well as urges concerning this behavior?

Be as specific and descriptive as you can possibly be.

3. What exactly happened that triggered this problematic behavior?

Identify the start of everything, the event that set off the chain of events that led you to enact your problematic behavior. Also detail the sequence of events after that that contributed to you enacting your behavior. Make sure to indicate when and where each one happened.

What were you doing at the time this triggering event happened? What were you thinking about, feeling, and imagining around that time? Be as specific and descriptive as you can possibly be.

4. What made you vulnerable to this triggering event and the events that followed after that led to your problematic behavior?

Talk about the things that made you susceptible to the triggering event to the point that you eventually exhibited problematic behavior. Where you inebriated? Where you on drugs (legal or illegal)? Were you sick? Did you lack sleep? Were you depressed? Were you stressed?

Again, be as specific and descriptive as you can possibly be.

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5. What values do you have that your problematic behavior goes against?

List down and describe your values and beliefs that are not aligned with your problematic behavior.

6. What were the consequences of your problematic behavior?

Talk about how your problematic behavior has impacted aspects of your life, like your emotions, interpersonal relationships, environment, and other things that you believe were impacted.

Be as specific and descriptive as you can possibly be.

7. Think about the beliefs and values you've listed. What would you have done differently that is aligned with your beliefs and values?

This is your opportunity to determine alternative and more healthy behaviors that you could have done and exhibited in response to the triggering event(s).

Why do you think you weren't able to respond and cope in a more healthy way?

After you've listed down what you could have done instead, do you think you are better prepared to enact these better behaviors should the triggering event or something similar occur again? If not, what do you need to help you enact better behaviors?

Is there away to prevent the triggering event or something similar from happening again?

Be as specific and descriptive as you can possibly be.

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8. What are you planning on doing regarding the consequences of your problematic behavior?

Think about the consequences of your actions. How do you plan on rectifying the damage and harm caused by your problematic behavior (if any)? How do you plan on correcting things and making up for them? What do you plan on doing to ensure that these consequences won't happen again?

Be as specific and descriptive as you can possibly be.

9. Write about your deepest thoughts and feelings about your problematic behavior

This part is optional. It's understandable if this has been a heavy exercise for you to do, so don't feel like you are forced to answer this item. If you no longer want to talk about your problematic behavior after Item #8, you can write down what you think about this worksheet, how you felt engaging with it, and if you think it is beneficial to you or not. Don't hold back!

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