



I'm not robot



I am not robot!

~Be as specific and detailed as possible. What exactly is the major PROBLEM BEHAVIOR that I am analyzing? The idea here is to figure out what is the most effective way for you to Chain Analysis: Part BASED ON VULNERABILITY DUE _____ Chain Definition (Part 1) Links in the Chain. Reflect on what led to your problem behavior Title: DBT Handouts and Author: Eric Created Date/11/PM

INSTRUCTIONS FOR CHAIN ANALYSIS WORKSHEET Describe the specific PROBLEM BEHAVIOR — e.g., throwing a chair, cutting, hearing voices, dissociating, not coming to a therapy appointment, etc. When we analyse difficult situations in GENERAL WORKSHEET LINKS IN THE CHAIN OF EVENTS: Behaviors (Actions, Body sensations, Cognitions/ Thoughts, Feelings) and Events (in the environment) Possible Chain Analysis: Part BASED ON VULNERABILITY DUE _____ Chain Definition (Part 1) Links in the Chain. Worksheets for Analyzing Behavior. PROBLEM BEHAVIOR. Due Date: Name: Date. general Worksheet chain analysis of Problem Behavior general Worksheet 2a THE CHAIN ANALYSIS WORKSHEET STEP Describe the specific undesirable/problem behavior. (Behaviors that are targeted in the treatment plan, or diary card.) A. B c D Be very specific and detailed GENERAL WORKSHEET 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 List new, more skillful behaviors to replace ineffective behaviors. PROMPTING EVENT CONSEQUENCES LINKS. Use this exercise to identify and replace unwanted or unhelpful behaviours Target Behaviour: What is the unhelpful or unwanted behaviour that you want to change or replace? Precursors: What precursors or environmental factors predispose me to the situation? Trigger: What triggers or starts the chain reaction? Occurrences Linked Together. What PROMPTING EVENT in the environment started me on the chain to my problem behavior? Occurrences Linked Together. VULNERABILITY. Use the ABC-EF listst Chain Analysis Worksheet. Avoid any attempt to be vague Chain Analysis of Problem Behavior. Include what happened RIGHT BEFORE the urge or thought came into my mind 4 Use this worksheet to figure out the advantages and disadvantages to you of using skills (i.e., acting skillfully) to reach your goals. When we analyse difficult situations in CBT, we ask two fundamental questions: "Was the way I thought about a situation accurate, logical and helpful?"; and, "Was the way I acted in that situation constructive in the short Chain Analysis of Problem Behavior. STEP Identify general Worksheet Pros and cons of using Skills. What exactly Behavior Chain Analysis. STEP Identify the Triggering Event Use the chain analysis worksheet to take time to reflect on a recent situation that you would like to understand better. STEP Identify Vulnerability Factors Involved. INSTRUCTIONS FOR CHAIN ANALYSIS WORKSHEET Describe the specific PROBLEM BEHAVIOR — e.g., throwing a chair, cutting, hearing voices, dissociating, not coming to Chain analysis Use the chain analysis worksheet to take time to reflect on a recent situation that you would like to understand better.