



THE COUNSELING AND WELLNESS CENTER

Behavioral Chain Analysis of Problem Behavior Worksheet

1. Describe the specific PROBLEM BEHAVIOR (for example, a negative emotion, a flashback, cutting, rejection, closeting, “panic attack,” etc.)
 - A. Be very specific and detailed. No vague terms.
 - B. Identify exactly what you did, said, thought or felt.
 - C. Describe the intensity of the behavior and other characteristics of the behavior that are important (Use a scale of 1-10, 10 being unbearably intense).
2. Describe the specific PRECIPITATING EVENT that started the chain of behavior.
 - A. Always start with some event in your environment, even if it doesn’t seem to you that the environmental event caused the problem behavior.
3. Describe in general VULNERABILITY FACTORS happening before the precipitating event. What factors or events made you more vulnerable to a problematic chain? Areas to examine are:
 - A. Physical illness; unbalanced eating or sleeping; injury
 - B. Use of drugs or alcohol; misuse of prescription drugs
 - C. Stressful events in the environment (either positive or negative)
 - D. Intense emotions, such as sadness, anger, fear, loneliness
 - E. Previous behaviors of your own that you found stressful
4. Describe THE CHAIN OF EVENTS that led up to the problem behavior.
 - A. Describe the chain of events, like reconstructing the story:
 1. What exact thought (or belief), feeling, or action followed the precipitating event? What thought, feeling, or action followed that? What next?
 - B. The links can be thoughts, emotions, sensations and behaviors.
5. What are the CONSEQUENCES of this behavior? Be specific.

How did other people react immediately and later? How did you feel immediately following the behavior? Later? What effect did the behavior have on you and your environment?
6. Describe in detail different SOLUTIONS to the problem.
 - A. Go back to the chain of your behaviors following the prompting event. Circle each point or link indicating that if you had done something different, you would have avoided the problem behavior. What coping behaviors or skillful behaviors could you have used?
7. Describe in detail the PREVENTION STRATEGY for how you could have kept the chain from starting by reducing your vulnerability to the chain.
8. Describe what you are going to do to REPAIR important or significant consequences of the problem behavior.