DBT Behavioral Chain Analysis Worksheet

Name: _____ Date: _____ Target Behavior: _____

Types of Links: (A) Actions (B) Body Sensations (C) Cognitions (E) Events (F) Feelings

Chain Analysis:	**Solution Analysis:**
Things in myself and my environment that made me vulnerable:	Ways to reduce vulnerability in the future:
Prompting Event:	Ways to prevent prompting event in future:
Actual Behaviors and Events:	Skillful alternative behaviors:
Consequences in the environment?	Plans to repair, correct, and over-correct harm:
Consequences in myself?	

Vulnerability Factors

PE

Problem Behavior

Consequences and Harm

(Immediate and delayed)

Adapted from Marsha Linehan's Chain Analysis Worksheet by Seth Axelrod, PhD 2/13/04