

STEPS IN COMPLETING THE CHAIN ANALYSIS WORKSHEET

STEP 1:

Describe the specific undesirable/problem behavior.

- ~Be as specific and detailed as possible. Avoid any attempt to be vague.
- ~Explain exactly what you thought, said, or did.
- ~If the undesired behavior is a feeling or emotion, explain exactly what you felt.
- ~Describe the intensity of the emotions felt.
- ~Describe the severity and other important characteristics of the unwanted behavior.
- ~Describe the problem behavior in enough detail, that someone reading your description could replicate it.

STEP 2:

Describe the specific triggering event that started the chain reaction.

A triggering event would be an occurrence that triggers the chain of events that leads to the undesired behavior.

A triggering event is an occurrence outside of the person, from within their surroundings.

- ~ What was the exact event that started the chain reaction?
- ~ When did the sequence of events that led to the unwanted behavior start?

STEP 3:

Describe all factors or events that made you more vulnerable to a problematic chain?

What things (either within yourself or in your environment) influenced your vulnerability level to the triggering event?

Possible Vulnerability Factors may Include:

- ~ Physical illness; unbalanced eating or sleeping; injury
- ~ Use of drugs or alcohol;
- ~ Misuse of prescription drugs; beginning a new medication
- ~ Stressful events in the environment (either positive or negative)
- ~ Intense emotions, such as sadness, anger, fear, loneliness
- ~ Expectations

Once you have found the factor(s) that caused you to be more vulnerable to the triggering event, described exactly what the triggering event was, and described the undesirable behavior that resulted from this, we can go on to fill in the missing links. What else happened?

STEP 4:

Describe in painful detail the links in the chain of events that linked the triggering event to the problem behavior.

Links in the chain can be:

- ~ **(T)** Thoughts, beliefs, expectations
- ~ **(S)** Sensations, physical sensations
- ~ **(E)** Emotions, feelings
- ~ **(U)** Urge

Describe the precise (T) (S) (E) (U) that immediately followed the triggering event. What (T) (S) (E) (U) followed next? What followed after that? And so on..

- ~ How long is the chain?
- ~ What are the (T) (S) (E) (U) links? For each link in the chain, ask yourself if there is a smaller link you could describe?
- ~ Define the links in intense detail.
- ~ Where does the chain go?

STEP 5:

Describe in detail the consequences of the undesired behavior.

- ~ Describe as many short-term consequences that affected you personally, or is likely to result, due to your problem behavior.
- ~ Describe as many short-term consequences that affected something or someone else, or is likely to occur, due to your problem behavior.
- ~ Describe as many long-term consequences that affected you personally, or is likely to result, due to your problem behavior.
- ~ Describe as many long-term consequences that affected something or someone else, or is likely to occur, due to your problem behavior.

Step 6:

Describe what may have reinforced your use of this behavior.

- ~ What did you feel?
- ~ How did others react?

STEP 7:

Plan Vulnerability Reduction.

Describe in detail how you could have prevented the chain from beginning by reducing your vulnerability to the triggering event.

STEP 8:

Describe in detail; more effective alternatives and skillful options for each chain link.

Go back to the chain of your behaviors following the prompting event.

Locate links where if you had done something different you would have avoided the problem behavior.

~ Was there an alternative (T) (S) (E) (U) that could have occurred?

~ Could someone else have had a different (T) (S) (E) (U)?

*If so, why do you think the specific (T) (S) (E) (U) you experienced came to be?

~ What could you have done differently at each link in the chain of events to avoid the undesired behavior?

~ What coping behaviors could you have used?

~ What skills could you have used to change the outcome?

STEP 9:

Describe a plan for coping effectively with the triggering event (if it were to happen again) or a plan to keep it from happening again.

STEP 10:

Consider possible repairs to all the harmful consequences of your problem behavior.

~ Is it possible to repair any damage that was caused by your actions?

~ What steps are you willing to take to make amends to those you have harmed. Write out a plan in detail.

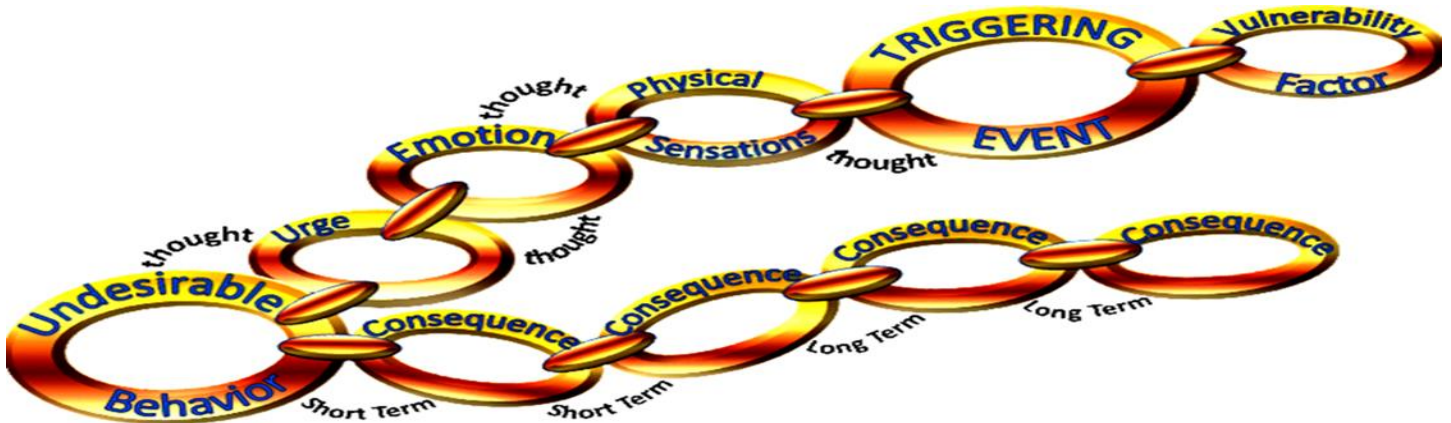
STEP 11:

Journal about your deepest thoughts about completing this Chain Analysis Worksheet.

What did you learn about your triggers?

What emotions did this evoke?

Chain Analysis: Example 1



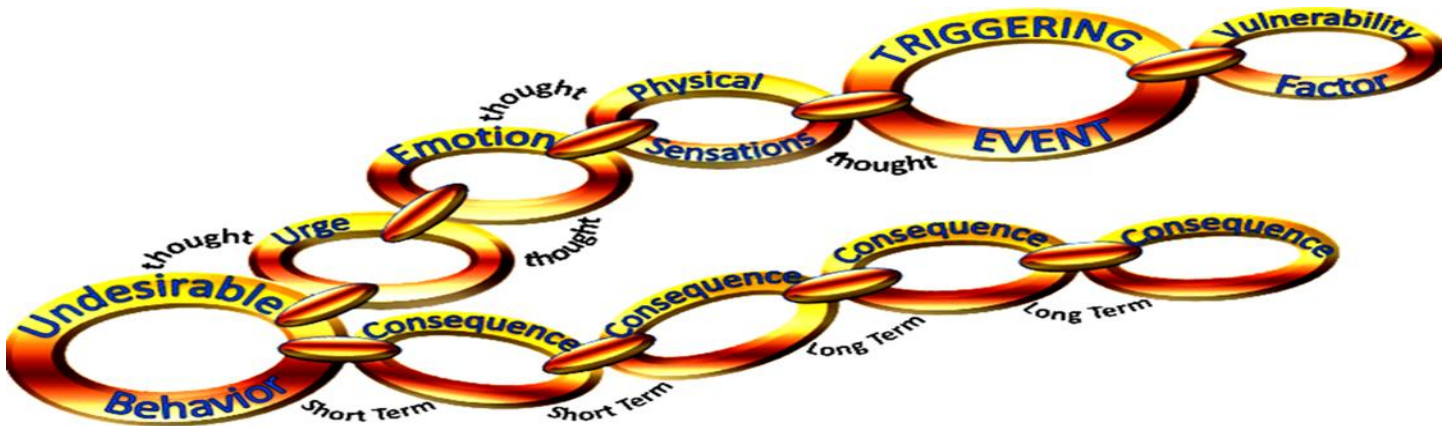
BASED ON VULNERABILITY DUE TO AN UNHEALTHY PHYSICAL CONDITION

Links in the Chain	Occurrences Linked Together	Broken Link Alternative
1) What were the factors that caused me to be more vulnerable?	Blood sugar crash due to not eating consistently.	I should have taken the time and effort to eat before my blood sugar bottomed out.
2) What happened to trigger the behavior?	My wife told me to clean up my mess in the living room – company was coming over.	My wife told me to clean up my mess in the living room – company was coming over.
3) What was your first (T) thought, (S) sensation, (E) emotion or (U) urge when this happened?	(T) Why didn't she say something earlier when I wasn't so tired. I was too busy to take the time to eat...	(T) It's a good thing I eat often enough to keep my blood sugar stable , otherwise I would be cranky and too tired to do my part in cleaning up my own mess.
4) What T; S; E; or U was triggered by the first?	(T) I don't feel like cleaning – it's good enough the way it is.	(T) Fixing the lawnmower in the air-conditioned living room is selfish...

5) What T; S; E; or U was triggered next?	(S) My back and neck are stiff and sore.	(S) Stretch and relax my back and neck. Get up and eat so my energy and mood get restored.
6) What T; S; E; or U was triggered next?	(E) Anger: She could have given me warning, three hours is just not enough time...!!	(E) Agitated. I will eat so that my blood sugar gets back in balance , then I won't be irritable and tired, so I can clean up my mess...
7) What T; S; E; or U was triggered next?	(T) Tell her to call and cancel the visit so that I don't have to clean up after myself right now.	(T) Confess I am cranky because I didn't eat like I'm supposed to and let my blood sugar bottom out – then get something to eat.
8) What T; S; E; or U was triggered next?	(U) Just leave the mess for her to clean up.	(U) Eat something – then clean up my mess.
9) UNWANTED, Undesirable Behavior	I yelled that it was her fault I made such a mess. After all, she was the one who broke the lawn mower.	I apologize for bringing the lawnmower in the house in the first place. And then apologize for the grease spot on the white carpet, and - using a kitchen knife for a screwdriver, - And - for not eating when I should have...!!
10) Short Term Consequence Personally	I caused unnecessary and unprovoked hurt with the one person who always has my back.	I validated my wife's efforts to maintain a certain standard of "clean" in our home.
11) Short Term Consequence Socially	I made us both look like slobs to our friends.	Having everything all tidy made our friends feel appreciated and welcome.
12) Short Term Consequence Personally	I embarrassed, hurt, and humiliated my wife because I didn't care enough to consider the outcome of letting my blood sugar crash.	I made sure to eat at the right times to keep my blood sugar at a good level so that I wouldn't become irrational and irritable when it bottomed out.

13) Short Term Consequence Socially	I showed a lack of respect for our visiting friends with my mood swings by not being responsible with my health needs.	I ate , cleaned up my mess, and was the life of the party.
14) Long Term Consequences Personally	Our friends are less likely to come around because of my lack of consideration for others by not proactively taking care of my health, and unnecessarily exposing them to my mood swings.	I have the respect of my family and friends because I care enough about myself, and those around me, to take care of my health needs.
15) Long Term Consequence Socially	I come across as selfish and rude. People don't want to be around that.	People want to come around because I'm stable, rational, fun, and respectful of my friends and family.
16) Long Term Consequences Personally	I'm getting a name for being rude, uncaring, lazy, and disrespectful to those around me.	I'm known for being a helpful, caring, hardworking, and respectful person. Since these are qualities I strive for, I find peace and joy in them.
17) Long Term Consequence Socially	Everybody just leaves me alone.	People want to be around me because although I'm flawed, I'm real. By taking care of myself, I'm showing respect not only to myself, but also to those around me.

Chain Analysis: Example 1, Part 2

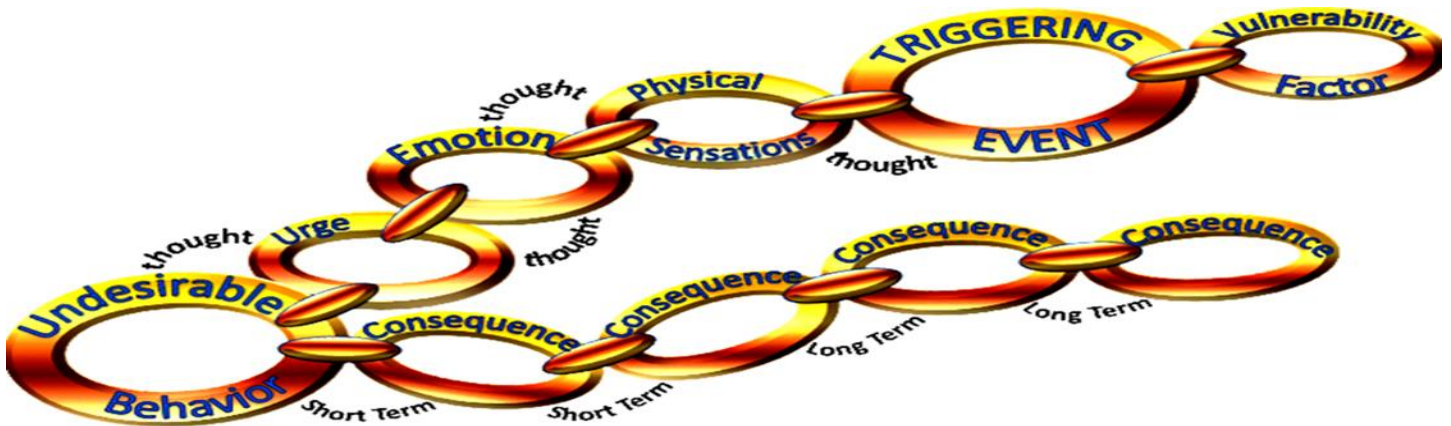


BASED ON VULNERABILTY DUE TO EXPECTATIONS Problem Solving (Part 2)

Links in the Chain	Occurrences Linked Together	Broken Link Alternative
1) What were the factors that caused me to be more vulnerable?	Expectation of being asked to stand in as Maid of Honor at Best Friend's Wedding.	<p>STEP 7</p> <p>Happy to participate in any part of such an important event for someone I care so much about. <u>{RADICAL ACCEPTANCE participating from MINDFULNESS WHAT SKILLS}</u></p>
2) What happened to trigger the behavior?	Best friend asked another friend instead to be her Maid of Honor	Best friend asked another friend instead to be her Maid of Honor
3) What was your first (T) thought, (S) sensation, (E) emotion or (U) urge when this happened?	(T) How could she dare to ask her, when I always thought she was my best friend?	<p>STEP 8</p> <p>(T) Just because someone I love can love another, does not lessen the love they feel for me. They may have seen a need in her that I am not privy to. She may have thought I was the stronger of the two of us.</p> <p><u>{CHECK THE FACTS}</u></p>


4) What T; S; E; or U was triggered by the first?	(S) Tense neck and upper arm muscles, Clenched jaw, teary eyes	(S) <u>{WILLING HANDS, HALF SMILE, SELF SOOTHE}</u>
5) What T; S; E; or U was triggered next?	(E) Anger	Happy (E) Change the Emotion <u>{RADICAL ACCEPTANCE, Does the Emotion fit the Facts from PRIMARY EMOTIONS, SURF THE EMOTION WAVE, OPPOSITE ACTION}</u>
6) What T; S; E; or U was triggered next?	(E) Sadness	Happy (E) Change the Emotion <u>{RADICAL ACCEPTANCE, Does the Emotion fit the Facts from PRIMARY EMOTIONS, SURF THE EMOTION WAVE, OPPOSITE ACTION}</u>
7) What T; S; E; or U was triggered next?	(T) Why should I give her what she wants, if she doesn't even care how I feel about this?	(T) This day is her day. I can be proud to be able to be a friend for her on such an important day for her. <u>{CHECK THE FACTS, OPPOSITE ACTION}</u>
8) What T; S; E; or U was triggered next?	(U) To make her feel as badly as I feel about not having what I expected to happen.	(U) To be the best friend I can be for the one I care about. <u>{OPPOSITE ACTION}</u>
9) UNWANTED, Undesirable Behavior	I told her that since "so and so" was really her BEST FRIEND, that she could have her in the wedding, and I would just not be in it at all.	Alternative Behavior: Stand beside my friend, where she needs me to stand on her important day. <u>{OPPOSITE ACTION}</u>
10) Short Term Consequence Personally	This will cause me sadness to miss out on sharing an exciting event of someone I care about.	This will bring joy to watch the joy in my friend.
11) Short Term Consequence Socially	This will cause my friend sadness.	She will be happy to have me as a part of something so important to her
12) Short Term Consequence Personally	This will cause me to feel guilty for letting my friend down.	I will feel pride in being able to be the kind of friend that she needs me to be.

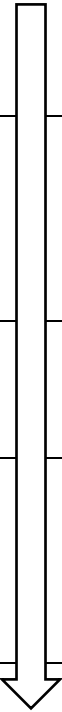

Chain Analysis: Example 2, Part 1



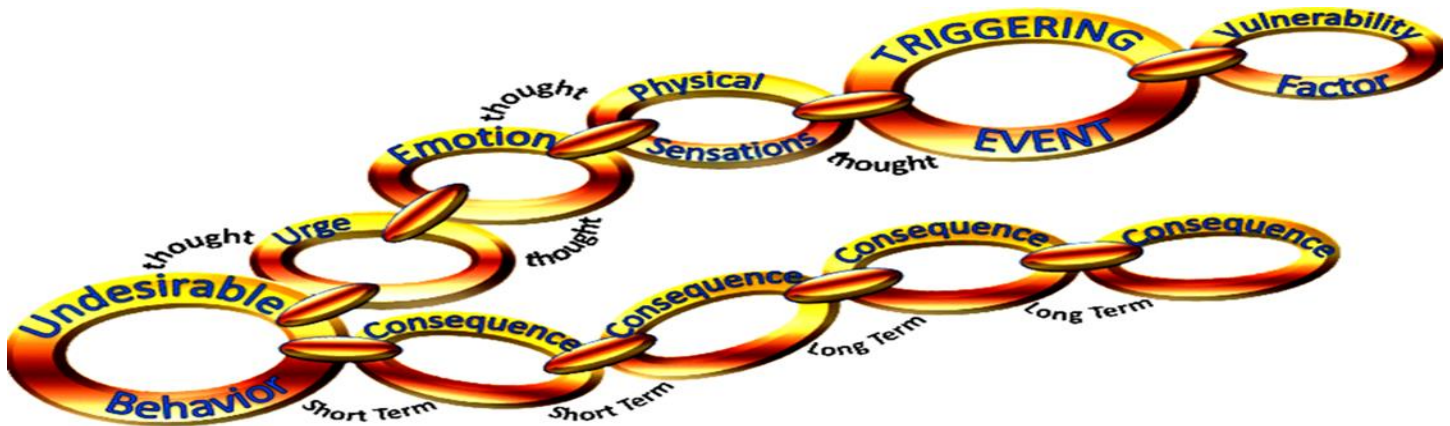
BASED ON VULNERABILITY DUE TO HEALTH (diet) Chain Definition (Part 1)

	Links in the Chain	Occurrences Linked Together
STEP 3 Identify Vulnerability Factors Involved		Blood sugar crash due to not eating consistently.
STEP 2 Identify the Triggering Event		My wife told me to clean up my mess in the living room – company was coming over.
STEP 4 Fill in the connecting links that led up to the Undesired Behavior. <i>More links may be added as needed.</i>		
	3) What was your first (T) thought, (S) sensation, (E) emotion or	(T) Why didn't she say something earlier when I wasn't so tired. I was too busy to take the time to eat...

	(U) urge when this happened?	
	4) What T; S; E; or U was triggered by the first?	(T) I don't feel like cleaning – it's good enough the way it is.
	5) What T; S; E; or U was triggered next?	(S) My back and neck are stiff and sore.
	6) What T; S; E; or U was triggered next?	(E) Anger: She could have given me warning, three hours is just not enough time...!!
	7) What T; S; E; or U was triggered next?	(T) I should just tell her to call and cancel the visit so that I don't have to clean up after myself right now.
	8) What T; S; E; or U was triggered next?	(U) Just leave the mess for her to clean up.
STEP 1 Identify the Problem Behavior	9) UNWANTED, PROBLEM, Undesirable Behavior	I yelled that it was her fault I made such a mess. After all, she was the one who broke the lawn mower.
STEPS 5 If filling in, after the event: tell what the consequences were.	Consequences	Describe the consequence(s), or explain what you think the consequence(s) may be.
	10) Short Term Consequence Personally	I caused unnecessary and unprovoked hurt with the one person who always has my back.
	11) Short Term Consequence Socially	It made us both look like slobs to our friends.

	12) Short Term Consequence Personally	I embarrassed, hurt, and humiliated my wife because I didn't care enough to consider the outcome of letting my blood sugar crash.
	13) Short Term Consequence Socially	I showed a lack of respect for our visiting friends with my mood swings by not being responsible with my health needs.
	14) Long Term Consequences Personally	Our friends are less likely to come around because of my lack of consideration for others by not proactively taking care of my health, and unnecessarily exposing them to my mood swings.
	15) Long Term Consequence Socially	I come across as selfish and rude. People don't want to be around that.
	16) Long Term Consequences Personally	I'm getting a name for being rude, uncaring, lazy, and disrespectful to those around me.
	17) Long Term Consequence Socially	Everybody just leaves me alone.
Step 6 How did this behavior benefit me?	Positive Reinforcements	What happened to cause me to repeat these types of undesirable behaviors?
	18) Immediate response or response of others around me.	
	19) Emotions	

Chain Analysis: Example 2 Part 2

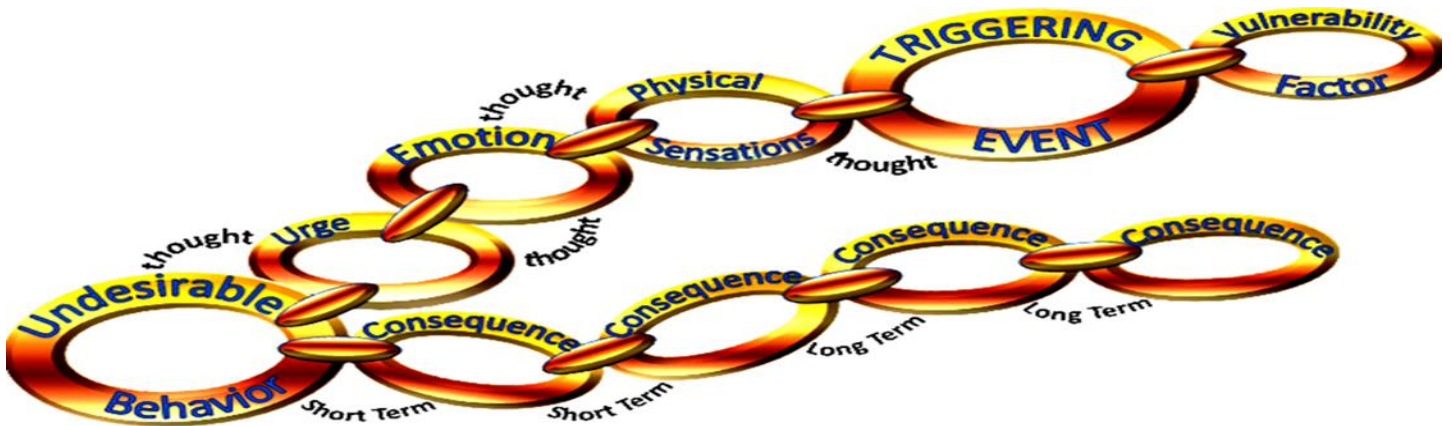


BASED ON VULNERABILITY DUE TO FEAR (of failure) Problem Solving (Part 2)

Links in the Chain	Occurrences Linked Together	Broken Link Alternative
1) What were the factors that caused me to be more vulnerable?	Blood sugar crash due to not eating consistently.	STEP 7 Eating Healthy/Balanced <u>{PLEASE}</u>
2) What happened to trigger the behavior?	My wife told me to clean up my mess in the living room – company was coming over.	My wife told me to clean up my mess in the living room – company was coming over.
3) What was your first (T) thought, (S) sensation, (E) emotion or (U) urge when this happened?	(T) Why didn't she say something earlier when I wasn't so tired. I was too busy to take the time to eat...	
4) What T; S; E; or U was triggered by the first?	(T) I don't feel like cleaning – it's good enough the way it is.	{OBSERVE} from Mindfulness What skills

5) What T; S; E; or U was triggered next?	(S) My back and neck are stiff and sore.	
6) What T; S; E; or U was triggered next?	(E) Anger: She could have given me warning, three hours is just not enough time...!!	
7) What T; S; E; or U was triggered next?	(T) I should just tell her to call and cancel the visit so that I don't have to clean up after myself right now.	
8) What T; S; E; or U was triggered next?	(U) Just leave the mess for her to clean up.	
9) UNWANTED, Undesirable Behavior	I yelled that it was her fault I made such a mess. After all, she was the one who broke the lawn mower.	Alternative Behavior:
10) Short Term Consequence Personally	I caused unnecessary and unprovoked hurt with the one person who always has my back.	
11) Short Term Consequence Socially	It made us both look like slobs to our friends.	
12) Short Term Consequence Personally	I embarrassed, hurt, and humiliated my wife because I didn't care enough to consider the outcome of letting my blood sugar crash.	
13) Short Term Consequence Socially	I showed a lack of respect for our visiting friends with my mood swings by not being responsible with my health needs.	
14) Long Term	Our friends are less likely to come around because of my lack of consideration for others by not proactively taking care of my	




Chain Analysis: Example 3, Part 1



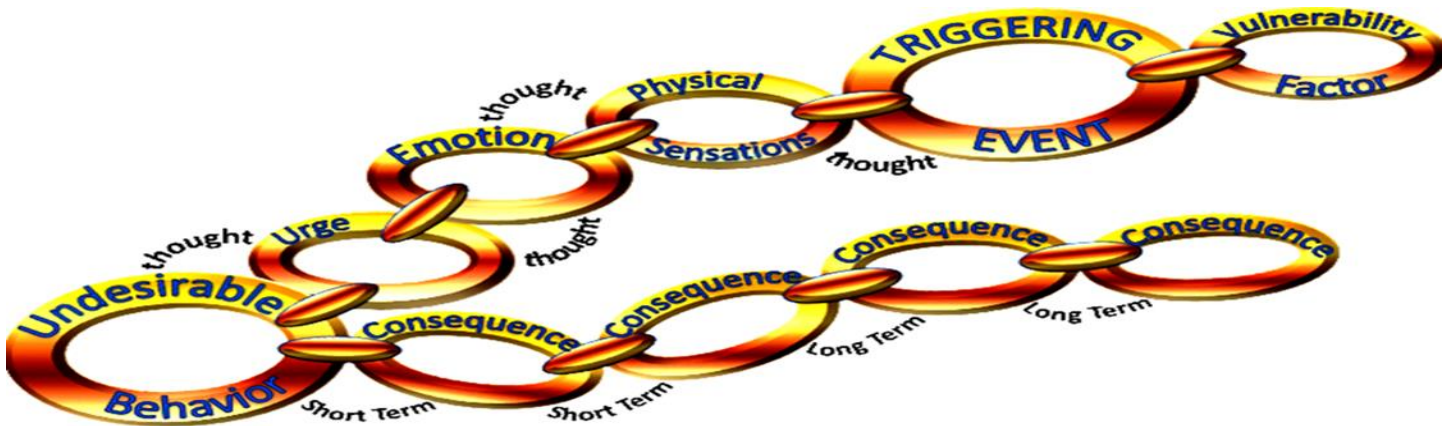
BASED ON VULNERABILITY DUE TO FEAR (of failure) Chain Definition (Part 1)

	Links in the Chain	Occurrences Linked Together
STEP 3 Identify Vulnerability Factors Involved	1) What were the factors that caused me to be more vulnerable?	FEAR OF FAILING
STEP 2 Identify the Triggering Event	2) What happened to trigger the behavior?	Boss gave me a promotion, with more responsibilities (Positive Stress)
STEP 4 Fill in the connecting links that led up to the Undesired Behavior. More links may be added as needed.		
	3) What was your first (T) thought, (S) sensation, (E) emotion or	(T) I can't do this. Is the boss setting me up to see me fail?

		(U) urge when this happened?	
		4) What T; S; E; or U was triggered by the first?	(E) Fear
		5) What T; S; E; or U was triggered next?	(S) Heart Racing, Rapid Shallow Breath, Knot in Gut
		6) What T; S; E; or U was triggered next?	(E) Anger
		7) What T; S; E; or U was triggered next?	(T) Rather than let everyone see me fail, I would rather just not try
		8) What T; S; E; or U was triggered next?	(U) To give up, before even giving it a chance.
STEP 1 Identify the Problem Behavior		9) UNWANTED, PROBLEM, Undesirable Behavior	I walked out on my job, quit without warning
STEPS 5 If filling in, after the event: tell what the consequences were.		Consequences	Describe the consequence(s), or explain what you think the consequence(s) may be.
		10) Short Term Consequence Personally	I had to face the disappointment of my spouse
		11) Short Term Consequence Socially	My boss was put in a bind, needing to find someone to cover my responsibilities at work.
		12) Short Term Consequence	I felt ashamed for having let my fear control the situation.

	Personally	
	13) Short Term Consequence Socially	I caused my family financial hardship by causing my pay check to stop
	14) Long Term Consequences Personally	Walking out caused poor recommendations on job applications
	15) Long Term Consequence Socially	My spouse ended up having to work extra hours to help make up for the loss of my income.
	16) Long Term Consequences Personally	My spouse and I argue more since I quit my job.
	17) Long Term Consequence Socially	My spouse lost some of the respect they had for me.
Step 6 How did this behavior benefit me?	Positive Reinforcements	What happened to cause me to repeat these types of undesirable behaviors?
	18) Immediate response or response of others around me.	I was able to avoid my fear of failing
	19) Emotions	Relief

Chain Analysis: Example 3 Part 2

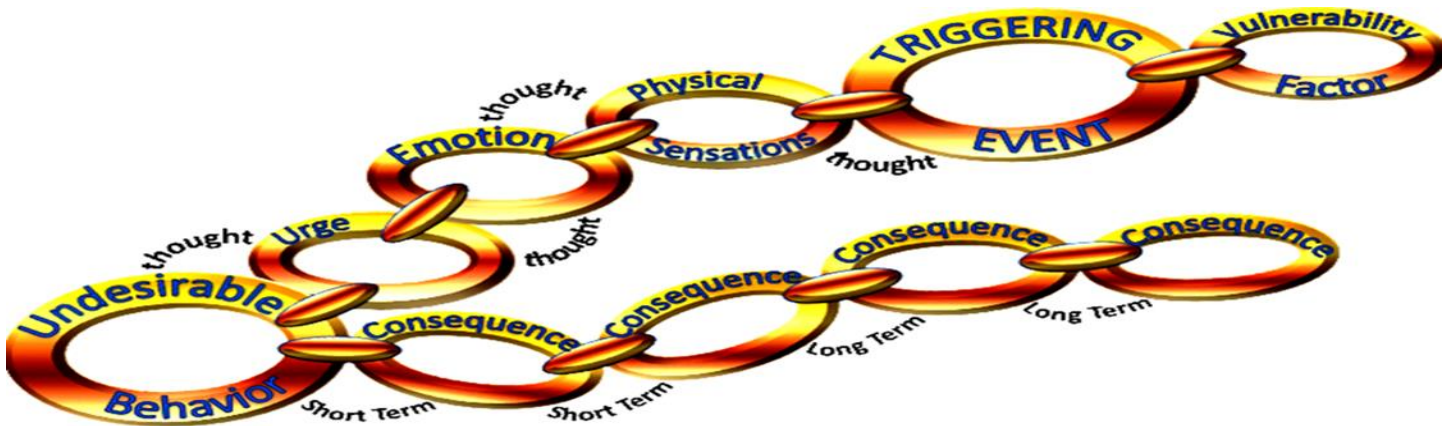


BASED ON VULNERABILITY DUE TO FEAR (of failure) Problem Solving (Part 2)

Links in the Chain	Occurrences Linked Together	Broken Link Alternative
1) What were the factors that caused me to be more vulnerable?	FEAR OF FAILING	STEP 7 <u>{CHECK THE FACTS}</u>
2) What happened to trigger the behavior?	Boss gave me a promotion, with more responsibilities (Positive Stress)	Boss gave me a promotion, with more responsibilities (Positive Stress)
3) What was your first (T) thought, (S) sensation, (E) emotion or (U) urge when this happened?	(T) I can't do this. Is the boss setting me up to see me fail?	<u>{CHECK THE FACTS}</u> avoid Ants (Cognitive Distortions): Black and White thinking, Mindreading, Fortune Telling, Emotional Reasoning, Catastrophizing, Labeling
4) What T; S; E; or U was triggered by the first?	(E) Fear	<u>{OPPOSITE ACTION}</u> Act the opposite of what the fear triggers.

5) What T; S; E; or U was triggered next?	(S) Heart Racing, Rapid Shallow Breath, Knot in Gut	<u>{GROUNDING MINDFULNESS, SURF THE EMOTION}</u>
6) What T; S; E; or U was triggered next?	(E) Anger	<u>{SURF THE EMOTION, OPPOSITE ACTION}</u> Act the opposite of what the fear triggers.
7) What T; S; E; or U was triggered next?	(T) Rather than let everyone see me fail, I would rather just not try	<u>{OPPOSITE ACTION}</u>
8) What T; S; E; or U was triggered next?	(U) To give up, before even giving it a chance.	<u>{OPPOSITE ACTION, WILLING HANDS, HALF SMILE, SELF SOOTHE}</u>
9) UNWANTED, Undesirable Behavior	I walked out on my job, quit without warning	Alternative Behavior: Gracefully accept the trust and praise that accompanies the promotion. Accept that while this will test me, it will also give me a chance to improve myself and my skill. Do the very best I can.
10) Short Term Consequence Personally	I had to face the disappointment of my spouse	To be able to see pride in my spouse's face
11) Short Term Consequence Socially	My boss was put in a bind, needing to find someone to cover my responsibilities at work.	My boss will have greater faith in being able to depend on me
12) Short Term Consequence Personally	I felt ashamed for having let my fear control the situation.	A feeling of pride for my accomplishment, and for having faced my fear
13) Short Term Consequence Socially	I caused my family financial hardship by causing my pay check to stop	My family will benefit from my increase in pay.
14) Long Term Consequences Personally	Walking out caused poor recommendations on job applications	My promotion will improve my chances of getting a better job in the future



Chain Analysis: Part 1



BASED ON VULNERABILITY DUE _____ Chain Definition (Part 1)

	Links in the Chain	Occurrences Linked Together
STEP 3 Identify Vulnerability Factors Involved		
STEP 2 Identify the Triggering Event		
STEP 4 Fill in the connecting links that led up to the Undesired Behavior. <i>More links may be added as needed.</i>		
	3) What was your first (T) thought, (S) sensation, (E) emotion or	

		(U) urge when this happened?	
		4) What T; S; E; or U was triggered by the first?	
		5) What T; S; E; or U was triggered next?	
		6) What T; S; E; or U was triggered next?	
		7) What T; S; E; or U was triggered next?	
		8) What T; S; E; or U was triggered next?	
STEP 1 Identify the Problem Behavior		9) UNWANTED, PROBLEM, Undesirable Behavior	
STEPS 5 If filling in, after the event: tell what the consequences were.		Consequences	Describe the consequence(s), or explain what you think the consequence(s) may be.
		10) Short Term Consequence Personally	
		11) Short Term Consequence Socially	
		12) Short Term Consequence	

	Personally	
	13) Short Term Consequence Socially	
	14) Long Term Consequences Personally	
	15) Long Term Consequence Socially	
	16) Long Term Consequences Personally	
	17) Long Term Consequence Socially	
Step 6 How did this behavior benefit me?	Positive Reinforcements	What happened to cause me to repeat these types of undesirable behaviors?
	18) Immediate response or response of others around me.	
	19) Emotions	

See: Part 2

For Steps 7 and following.

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