# 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.

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#### **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.

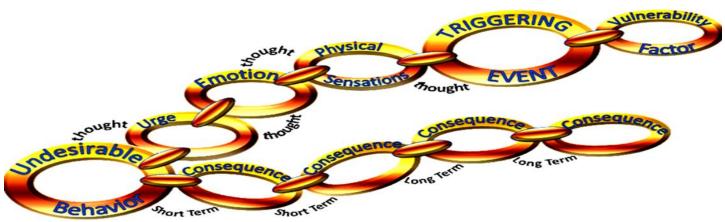
#### **STEP 11:**

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 VULNERABILTY DUE TO AN UNHEALTHY PHYSICAL CONDITION

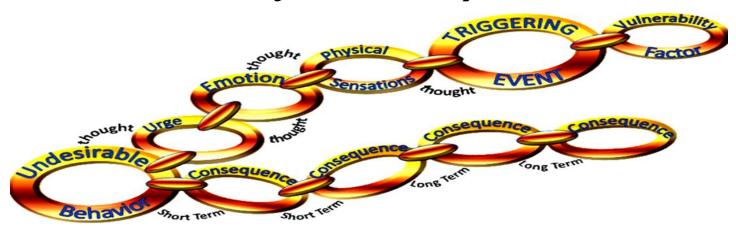
Links in the Chain	Occurrences Linked Together	Broken Link Alternative
1) What were the factors	Blood sugar crash due to not eating	I should have taken the time and effort to
that caused me to be	consistently.	eat before my blood sugar bottomed out.
more vulnerable?		
2) What happened to	My wife told me to clean up my mess in	My wife told me to clean up my mess in the
trigger the behavior?	the living room – company was coming over.	living room – company was coming over.
3) What was your first	(T) Why didn't she say something earlier	(T) It's a good thing I eat often enough to
(T) thought,	when I wasn't so tired. I was too busy to take the time to eat	<b>keep my blood sugar stable</b> , otherwise I would be cranky and too tired to do my part
(S) sensation,		in cleaning up my own mess.
(E) emotion or		
(U) urge when this		
happened?		
4) What T; S; E; or U was	(T) I don't feel like cleaning – it's good	(T) Fixing the lawnmower in the air-
triggered by the first?	enough the way it is.	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) <b>Eat something</b> – 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	I showed a lack of respect for our visiting	I ate, cleaned up my mess, and was the life
Canada no casialla	friends with my mood swings by not being	of the party.
Consequence Socially	responsible with my health needs.	
14) Long Term	Our friends are less likely to come around	I have the respect of my family and friends
11/ Long Term	because of my lack of consideration for	because I care enough about myself, and
Consequences	others by not proactively taking care of my	those around me, to take care of my health
Personally	health, and unnecessarily exposing them	needs.
reisolially	to my mood swings.	
45).	16.1	
15) Long Term	I come across as selfish and rude. People	People want to come around because I'm
Consequence Socially	don't want to be around that.	stable, rational, fun, and respectful of my
consequence socially		friends and family.
16) Long Term	I'm getting a name for being rude,	I'm known for being a helpful, caring,
	uncaring, lazy, and disrespectful to those	hardworking, and respectful person. Since
Consequences	around me.	these are qualities I strive for, I find peace
Personally		and joy in them.
,		
17) Long Term	Everybody just leaves me alone.	People want to be around me because
Consequence Socially		although I'm flawed, I'm real. By taking care
consequence socially		of myself, I'm showing respect not only to
		myself, but also to those around me.

ODan & Tasha Tonning, 2018 RDBT Skills Application (Peers Helping Peers)

# Chain Analysis: Example 1, Part 2



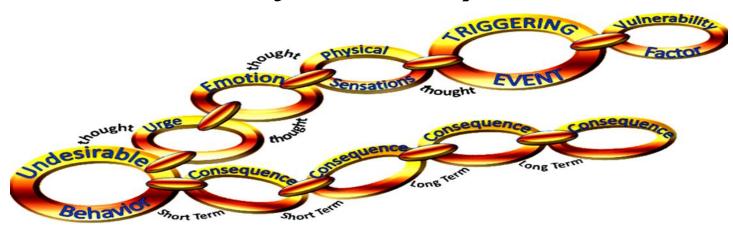
### **BASED ON VULNERABILTY DUE TO EXPECTATIONS Problem Solving (Part 2)**

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

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

13) Short Term	This will cause a hardship for my friend by	This will help reduce her stress, to know that	
	forcing her to find someone to replace me	she can depend on me.	
Consequence Socially	in her wedding party		
14) Long Term	I will likely be more distant from this	Sharing the experience will likely draw us	
	friend in the future.	closer together.	
Consequences			
Personally			
,			
15) Long Term	My friend is more likely to see me as	Sharing the experience will likely draw us	
	selfish and want less to do with me.	closer together.	
Consequence Socially			
16) Long Term	I may be less trusting of others in the	I am more likely in the future to see that I	
10/ Long Term	future.	can contribute on any level to a happy	
Consequences	rature.	productive relationship.	
		productive relationship.	
Personally			
17) Long Term	My friend may be less trusting of others in	I will have contributed in a positive way to	
17) Long Term	the future.	-	
Consequence Socially	the future.	making happy memories and a strong	
'		relationship.	

# Chain Analysis: Example 2, Part 1



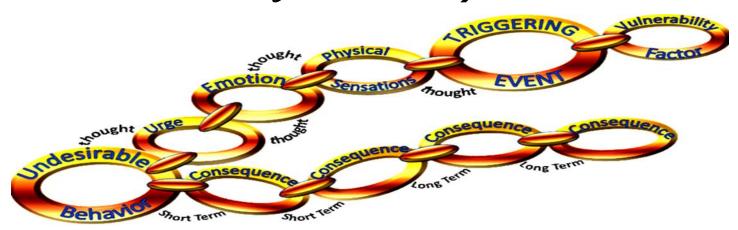
### **BASED ON VULNERABILTY DUE TO HEALTH (diet) Chain Definition (Part 1)**

	Links in the Chain	Occurrences Linked Together
STEP 3		Blood sugar crash due to not eating consistently.
Identify Vulnerability Factors Involved		
STEP 2		My wife told me to clean up my mess in the living room –
Identify the Triggering Event		company was coming over.
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) Why didn't she say something earlier when I wasn't so tired.
	(T) thought,	I was too busy to take the time to eat
	(S) sensation,	
	(E) emotion or	

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

	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?
П	18) Immediate response or response of others around me.	
1	19) Emotions	

# Chain Analysis: Example 2, Part 2



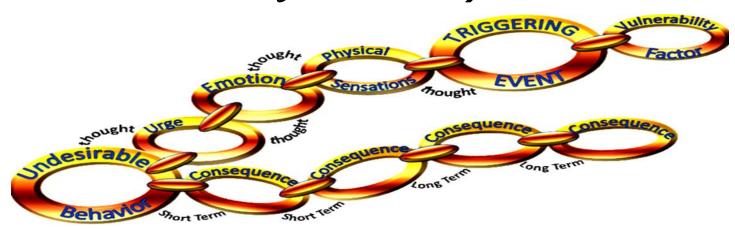
### **BASED ON VULNERABILTY DUE TO FEAR (of failure) Problem Solving (Part 2)**

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

5) What T; S; E; or U was	(S) My back and neck are stiff and sore.	
triggered next?		
6) What T; S; E; or U was	(E) Anger: She could have given me	
triggered next?	warning, three hours is just not enough time!!	
7) What T; S; E; or U was	(T) I should just tell her to call and cancel	
triggered next?	the visit so that I don't have to clean up after myself right now.	
8) What T; S; E; or U was	(U) Just leave the mess for her to clean up.	
triggered next?		
9) UNWANTED,	I yelled that it was her fault I made such a	Alternative Behavior:
Undesirable Behavior	mess. After all, she was the one who broke the lawn mower.	
10) Short Term	I caused unnecessary and unprovoked	
Consequence	hurt with the one person who always has my back.	
Personally	my back.	
11) Short Term	It made us both look like slobs to our	
Consequence Socially	friends.	
12) Short Term	I embarrassed, hurt, and humiliated my	
Consequence	wife because I didn't care enough to consider the outcome of <b>letting my blood</b>	
Personally	sugar crash.	
13) Short Term	I showed a lack of respect for our visiting	
Consequence Socially	friends with my mood swings by not being	
22224222 22311	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	
	others by not proactively taking care of my	

Consequences	health, and unnecessarily exposing them	
Personally	to my mood swings.	
15) Long Term	I come across as selfish and rude. People	
Consequence Socially	don't want to be around that.	
16) Long Term	I'm getting a name for being rude,	
Consequences	uncaring, lazy, and disrespectful to those around me.	
Personally		
17) Long Term	Everybody just leaves me alone.	
Consequence Socially		

# Chain Analysis: Example 3, Part 1



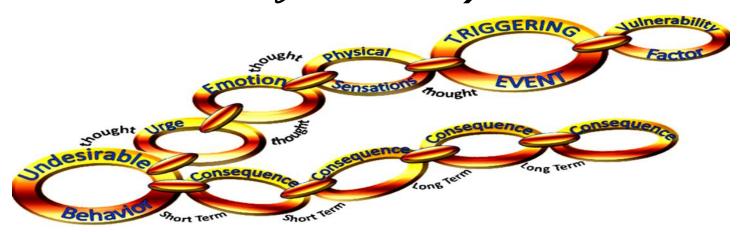
### **BASED ON VULNERABILTY DUE TO FEAR (of failure) Chain Definition (Part 1)**

	Links in the Chain	Occurrences Linked Together
STEP 3	1) What were the factors	FEAR OF FAILING
Identify Vulnerability	that caused me to be	
Factors Involved	more vulnerable?	
STEP 2	2) What happened to	Boss gave me a promotion, with more
Identify the Triggering	trigger the behavior?	responsibilities (Positive Stress)
Event		
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) I can't do this. Is the boss setting me up to see me fail?
	(T) thought,	
	<b>(S)</b> sensation,	
	(E) emotion or	

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?  10) To give up, before even giving it a chance.  10) To give up, before even giving it a chance.  11) Walked out on my job, quit without warning  12) PROBLEM, Undesirable Behavior  13) Undesirable Behavior  14) What T; S; E; or U was triggered next?  15) Unwanted, Undesirable Behavior  15) Unwanted, Undesirable Behavior  16) Undesirable Behavior  17) Describe the consequence(s), or explain what you think the expression of the consequence were given as the consequence of the con		40.0	1
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?  (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.  1 Walked out on my job, quit without warning  PROBLEM, Undesirable Behavior  STEPS 5  Consequences  If filling in, after the event: tell what the consequences were		(U) urge when this	
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?  (E) Anger  (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.  triggered next?  STEP 1  9) UNWANTED, PROBLEM, Undesirable Behavior  STEPS 5  Consequences  If filling in, after the event: tell what the consequences were		happened?	
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?  8) What T; S; E; or U was triggered next?  9) UNWANTED, I walked out on my job, quit without warning PROBLEM, Undesirable Behavior  STEP 1  Identify the Problem Behavior  STEPS 5  Consequences  If filling in, after the event: tell what the consequence (s), or explain what you think the consequence (so, or explain what you think the		4) What T; S; E; or U was	(E) Fear
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?  8) What T; S; E; or U was triggered next?  9) UNWANTED, I walked out on my job, quit without warning  PROBLEM, Undesirable Behavior  STEP 5  Consequences  If filling in, after the event: tell what the expression of the consequence (s), or explain what you think the consequences were		triggered by the first?	
6) What T; S; E; or U was triggered next?  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.  1 walked out on my job, quit without warning  PROBLEM,  Undesirable Behavior  STEPS 5  Consequences  If filling in, after the event: tell what the consequence ware.  Describe the consequence(s), or explain what you think the		5) What T; S; E; or U was	(S) Heart Racing, Rapid Shallow Breath, Knot in Gut
triggered next?  7) What T; S; E; or U was triggered next?  8) What T; S; E; or U was triggered next?  (U) To give up, before even giving it a chance.  1) Walked out on my job, quit without warning PROBLEM,  Undesirable Behavior  STEP 5  Consequences  If filling in, after the event: tell what the consequence (s), or explain what you think the		triggered next?	
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triggered next?  8) What T; S; E; or U was triggered next?  STEP 1  Identify the Problem Behavior  STEPS 5  Consequences  If filling in, after the event: tell what the consequences were		triggered next?	
8) What T; S; E; or U was triggered next?  STEP 1  Identify the Problem Behavior  STEPS 5  Consequences  If filling in, after the event: tell what the consequences were		7) What T; S; E; or U was	(T) Rather than let everyone see me fail, I would rather just
triggered next?  STEP 1  Identify the Problem Behavior  STEPS 5  Consequences  If filling in, after the event: tell what the consequences were		triggered next?	not try
STEP 1  JUNWANTED,  June 1  June 1  June 2  Ju		8) What T; S; E; or U was	(U) To give up, before even giving it a chance.
Identify the Problem Behavior  Undesirable Behavior  STEPS 5  If filling in, after the event: tell what the consequences were  Describe the consequence(s), or explain what you think the		triggered next?	
Behavior  Undesirable Behavior  STEPS 5  Consequences  If filling in, after the event: tell what the consequences were Describe the consequence(s), or explain what you think the	STEP 1	9) UNWANTED,	I walked out on my job, quit without warning
STEPS 5  Consequences  If filling in, after the event: tell what the consequences were Describe the consequence(s), or explain what you think the	· ·	PROBLEM,	
If filling in, after the event: tell what the Describe the consequence(s), or explain what you think the	Behavior	Undesirable Behavior	
event: tell what the  Describe the consequence(s), or explain what you think the	STEPS 5	Consequences	
Describe the consequence(s), or explain what you think the	If filling in, after the		
consequences were	event: tell what the		Describe the consequence(s), or explain what you think the
	consequences were.		consequence(s) may be.
10) Short Term I had to face the disappointment of my spouse		10) Short Term	I had to face the disappointment of my spouse
Consequence		Consequence	
Personally		Personally	
11) Short Term  My boss was put in a bind, needing to find someone to cover		11) Short Term	1 -
Consequence Socially my responsibilities at work.		Consequence Socially	my responsibilities at work.
12) Short Term I felt ashamed for having let my fear control the situation.		12) Short Term	I felt ashamed for having let my fear control the situation.
Consequence	1		

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

# Chain Analysis: Example 3 Part 2



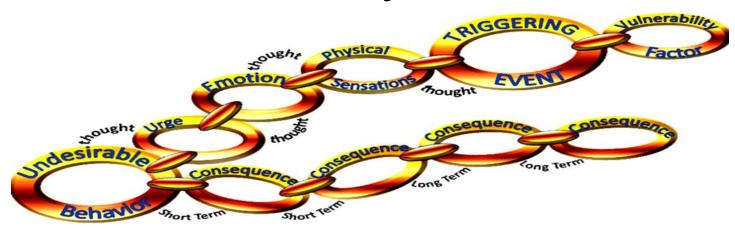
### **BASED ON VULNERABILTY DUE TO FEAR (of failure) Problem Solving (Part 2)**

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

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

15) Long Term	My spouse ended up having to work extra	My spouse will be able to have regular hours
Consequence Socially	hours to help make up for the loss of my income.	at work
16) Long Term	My spouse and I argue more since I quit	This will improve my relationship with my
Consequences	my job.	spouse
Personally		
17) Long Term	My spouse lost some of the respect they	My spouse will have more respect for me.
Consequence Socially	had for me.	
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## Chain Analysis: Part 1



### BASED ON VULNERABILTY 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.		
More links may be		
added as needed.		
	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	9) UNWANTED,	
Identify the Problem	PROBLEM,	
Behavior	Undesirable Behavior	
STEPS 5	Consequences	
If filling in, after the		
event: tell what the consequences were.		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	
	7	17) Long Term	
		Consequence Socially	
Step 6		Positive	What happened to cause me to repeat these types of
How did this	behavior	Reinforcements	undesirable behaviors?
benefit me?			
		18) Immediate response	
		or response of others	
	L	around me.	
	7	19) Emotions	

## See: Part 2

### For Steps 7 and following.

ODan & Tasha Tonning, 2018 RDBT Skills Application (Peers Helping Peers)