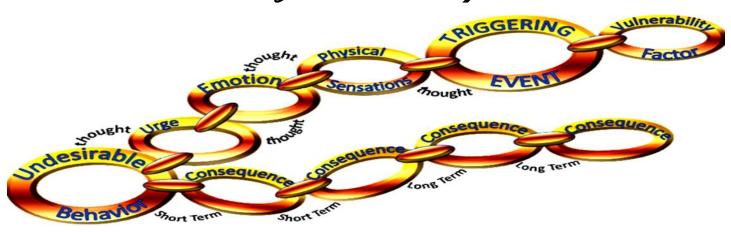
Chain Analysis: Example 1, Part 1



BASED ON VULNERABILTY DUE TO EXPECTATIONS Chain Definition (Part 1)

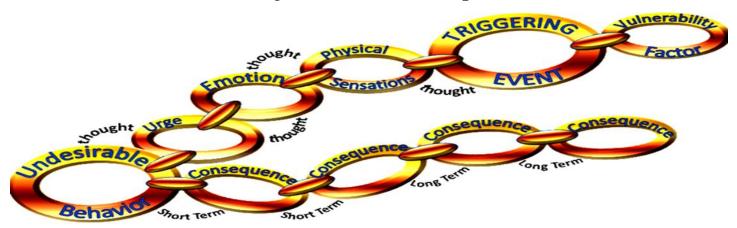
	Links in the Chain	Occurrences Linked Together
STEP 3 Identify Vulnerability Factors Involved	1) What were the factors that caused me to be more vulnerable?	Expectation of being asked to stand in as Maid of Honor at Best Friend's Wedding.
STEP 2 Identify the Triggering Event	2) What happened to trigger the behavior?	Best friend asked another friend instead to be her Maid of Honor
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?	(T) How could she dare to ask her, when I always thought she was my best friend?
	4) What T; S; E; or U was triggered by the first?	(S) Tense neck and upper arm muscles, Clenched jaw, teary eyes
	5) What T; S; E; or U was triggered next?	(E) Anger
	6) What T; S; E; or U was triggered next?	(E) Sadness
	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?
	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.
STEP 1	9) UNWANTED,	I told her that since "so and so" was really her BEST FRIEND,
Identify the Problem Behavior	PROBLEM, Undesirable Behavior	that she could have her in the wedding, and I would just not be in it at all.

STEPS 5	Consequences		
If filling in, after the	-		
event: tell what the		Describe the consequence(s), or explain what you think the consequence(s) may be.	
consequences were.			
П	10) Short Term	This will cause me sadness to miss out on sharing an exciting	
	Consequence	event of someone I care about.	
	Personally		
	11) Short Term	This will cause my friend sadness.	
	Consequence Socially		
	12) Short Term	This will cause me to feel guilty for letting my friend down.	
	Consequence		
	Personally		
	13) Short Term	This will cause a hardship for my friend to need to find	
	Consequence Socially	someone to replace me in her wedding party	
	14) Long Term	I will likely be more distant from this friend in the future.	
	Consequences		
	Personally		
	15) Long Term	My friend is more likely to see me as selfish and want less to	
	Consequence Socially	do with me.	
	16) Long Term	I may be less trusting of others in the future.	
	Consequences		
	Personally		
	17) Long Term	My friend may be less trusting of others in the future.	
	Consequence Socially		
Step 6	Positive	What happened to cause me to repeat these types of	
How did this behavior benefit me?	Reinforcements	undesirable behaviors?	
П	18) Immediate response	My friend told me how important I really was to her.	
l J L	of others around.	,	
	19) Emotions	I felt valuable (validated)	

See: Example 1, Part 2

For Steps 7 and following.

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.	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 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?	STEP 8 (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. {CHECK THE FACTS}
4) What T; S; E; or U was triggered by the first?	(S) Tense neck and upper arm muscles, Clenched jaw, teary eyes	(S) {WILLING HANDS, HALF SMILE, SELF SOOTHE}
5) What T; S; E; or U was triggered next?	(E) Anger	Happy (E) Change the Emotion <u>{RADICAL</u> } <u>ACCEPTANCE</u> , 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 triggered next?	(E) Sadness	Happy (E) Change the Emotion <u>{RADICAL</u> } <u>ACCEPTANCE</u> , Does the Emotion fit the Facts from <u>PRIMARY EMOTIONS</u> , <u>SURF THE</u> <u>EMOTION WAVE</u> , <u>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. {CHECK THE FACTS, 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	I care about. {OPPOSITE ACTION}
	happen.	
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	me to stand on her important day.
	it at all.	{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.
Personally	care about.	
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
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
Consequence Socially	forcing her to find someone to replace me	she can depend on me.
	in her wedding party	
14) Long Term	I will likely be more distant from this	Sharing the experience will likely draw us
Consequences	friend in the future.	closer together.
Personally		
15) Long Term	My friend is more likely to see me as	Sharing the experience will likely draw us
Consequence Socially	selfish and want less to do with me.	closer together.
16) Long Term	I may be less trusting of others in the	I am more likely in the future to see that I
Consequences	future.	can contribute on any level to a happy
Personally		productive relationship.
17) Long Term	My friend may be less trusting of others in	I will have contributed in a positive way to
Consequence Socially	the future.	making happy memories and a strong
		relationship.
		
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