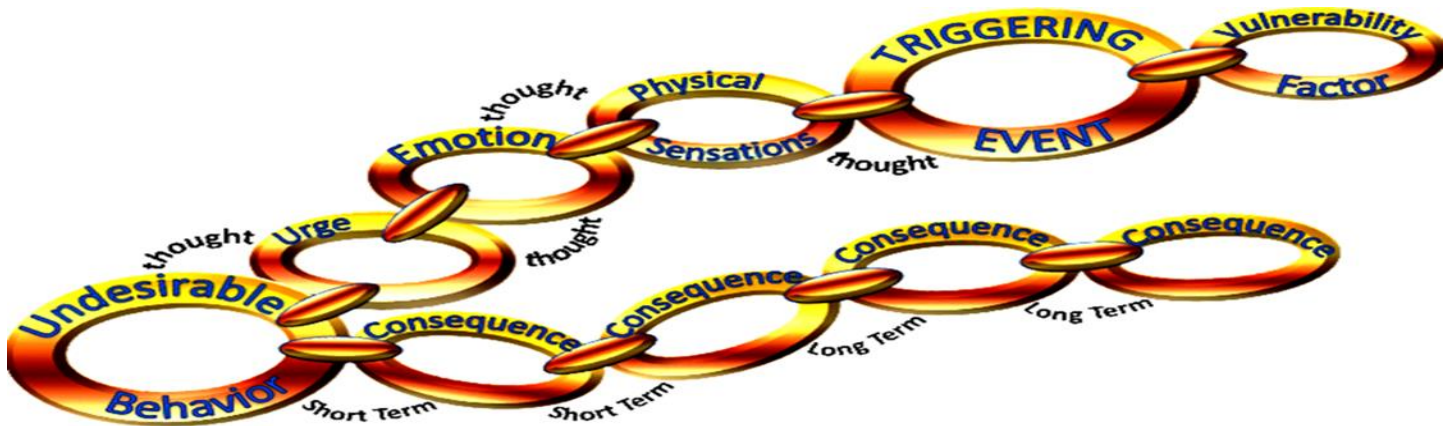
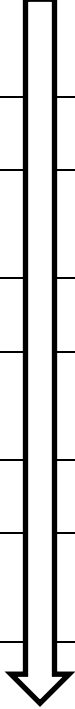



Chain Analysis: Example 1, Part 1



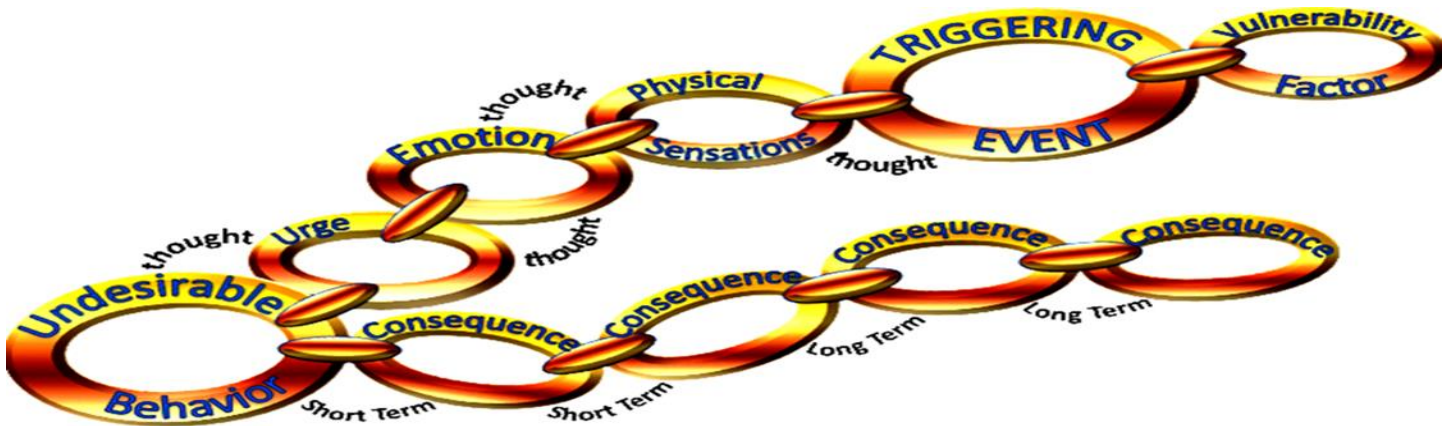
BASED ON VULNERABILITY DUE TO EXPECTATIONS Chain Definition (Part 1)

	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. <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?	(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 Identify the Problem Behavior	9) UNWANTED, PROBLEM, 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.

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	This will cause me sadness to miss out on sharing an exciting event of someone I care about.
	11) Short Term Consequence Socially	This will cause my friend sadness.
	12) Short Term Consequence Personally	This will cause me to feel guilty for letting my friend down.
	13) Short Term Consequence Socially	This will cause a hardship for my friend to need to find someone to replace me in her wedding party
	14) Long Term Consequences Personally	I will likely be more distant from this friend in the future.
	15) Long Term Consequence Socially	My friend is more likely to see me as selfish and want less to do with me.
	16) Long Term Consequences Personally	I may be less trusting of others in the future.
	17) Long Term Consequence Socially	My friend may be less trusting of others in the future.
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 of others around.	My friend told me how important I really was to her.
	19) Emotions	I felt valuable (validated)

See: Example 1, Part 2
For Steps 7 and following.

Chain Analysis: Example 1, Part 2



BASED ON VULNERABILITY 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. <u>{RADICAL ACCEPTANCE participating from MINDFULNESS WHAT SKILLS}</u>
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. <u>{CHECK THE FACTS}</u>
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>

