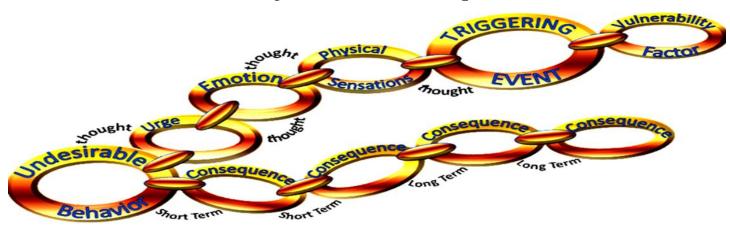
Chain Analysis: Example 3, Part 1



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

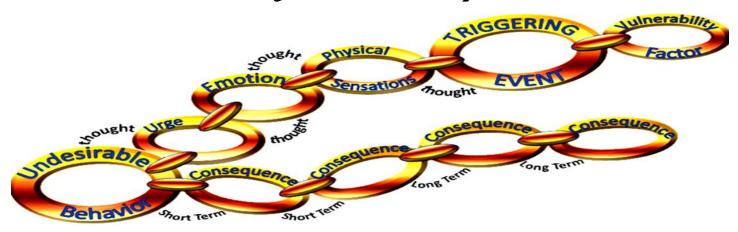
	Links in the Chain	Occurrences Linked Together
STEP 3 Identify Vulnerability Factors Involved	What were the factors that caused me to be more vulnerable?	FEAR OF FAILING
STEP 2 Identify the Triggering Event	What happened to trigger the behavior?	Boss gave me a promotion, with more responsibilities (Positive 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 (U) urge when this happened?	(T) I can't do this. Is the boss setting me up to see me fail?
	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
1	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	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	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 Personally	I felt ashamed for having let my fear control the situation.
	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.
7	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?
Д	18) Immediate response or response of others around me.	I was able to avoid my fear of failing
	19) Emotions	Relief

See: Example 3, Part 2

For Steps 7 and following.

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	Duoleon Link Altounotics
	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?	Distortions): Black and White thinking,
(S) sensation,		Mindreading, Fortune Telling, Emotional
(E) emotion or		Reasoning, Catastrophizing, Labeling
(U) urge when this		
happened?		
4) What T; S; E; or U was	(E) Fear	<u>{OPPOSITE ACTION}</u> 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	<u>EMOTION}</u>
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	<u>{OPPOSITE ACTION, WILLING HANDS, HALF</u>
triggered next?	chance.	SMILE, SELF SOOTHE}
9) UNWANTED, Undesirable Behavior	I walked out on my job, quit without	Alternative Behavior:
Ondestrable Benavior	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	To be usic to see pride in my spouse state
Personally	Spouse	
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	to depend on me
,	work.	, i
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	at work
	income.	
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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