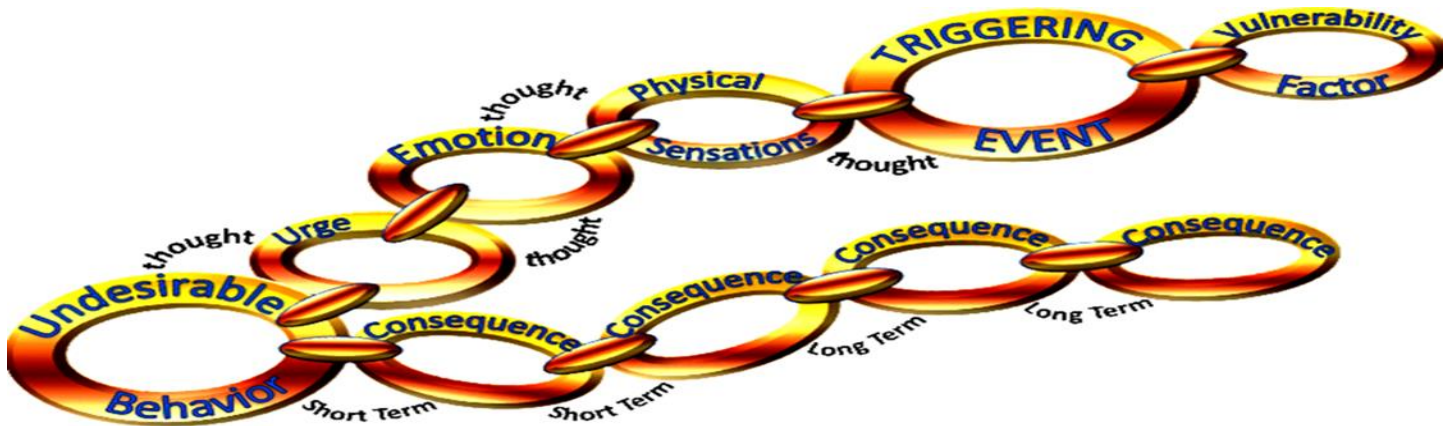




# Chain Analysis: Example 3, Part 1



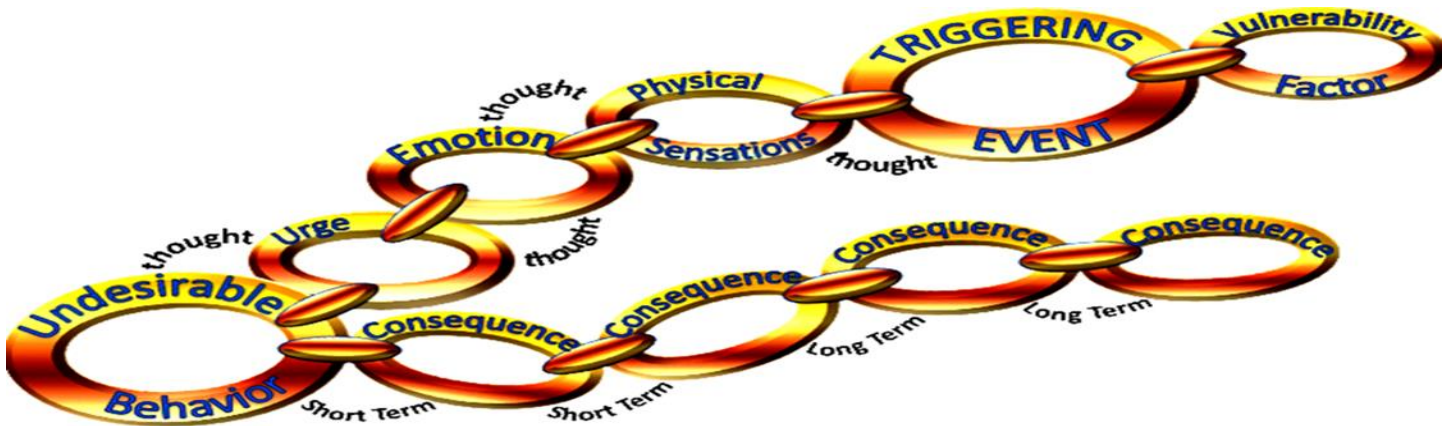
## BASED ON VULNERABILITY DUE TO FEAR (of failure) Chain Definition (Part 1)

	Links in the Chain	Occurrences Linked Together
<b>STEP 3</b> Identify Vulnerability Factors Involved	1) What were the factors that caused me to be more vulnerable?	FEAR OF FAILING
<b>STEP 2</b> Identify the Triggering Event	2) What happened to trigger the behavior?	Boss gave me a promotion, with more responsibilities ( <b>Positive Stress</b> )
<b>STEP 4</b> 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) 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
	8) What T; S; E; or U was triggered next?	(U) To give up, before even giving it a chance.
<b>STEP 1</b> Identify the Problem Behavior	9) UNWANTED, PROBLEM, Undesirable Behavior	I walked out on my job, quit without warning

<b>STEPS 5</b> If filling in, after the event: tell what the consequences were.	<b>Consequences</b>	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.
	17) Long Term Consequence Socially	My spouse lost some of the respect they had for me.
<b>Step 6</b> How did this behavior benefit me?	<b>Positive Reinforcements</b>	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

**See: Example 3, Part 2**  
**For Steps 7 and following.**

# 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	<b>STEP 7</b> <u>{CHECK THE FACTS}</u>
2) What happened to trigger the behavior?	Boss gave me a promotion, with more responsibilities ( <b>Positive Stress</b> )	Boss gave me a promotion, with more responsibilities ( <b>Positive Stress</b> )
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> <b>avoid Ants (Cognitive Distortions):</b> 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	<b>Alternative Behavior:</b> 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.

