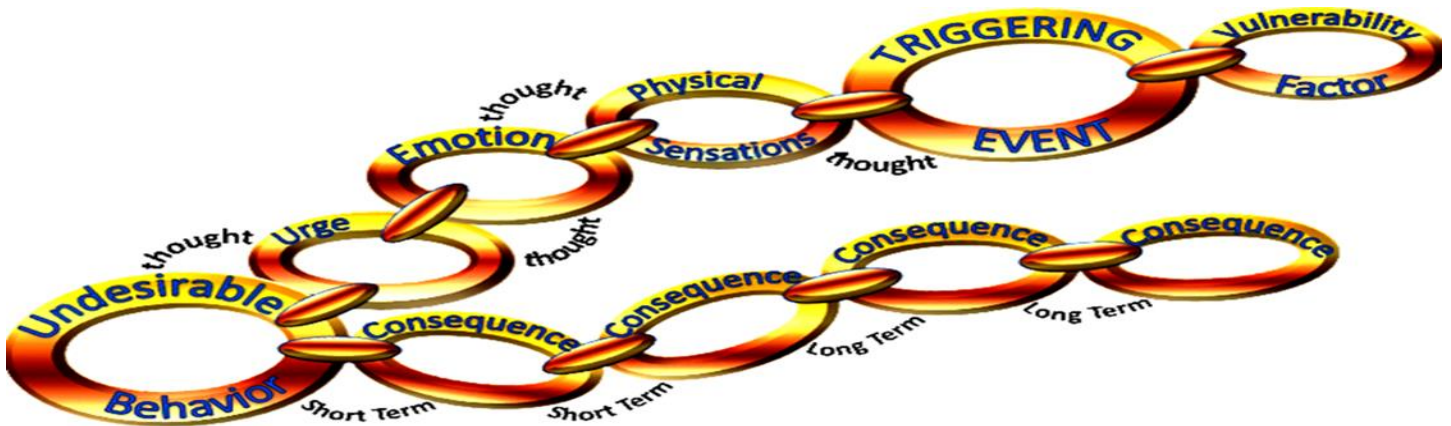




Chain Analysis: Part 1



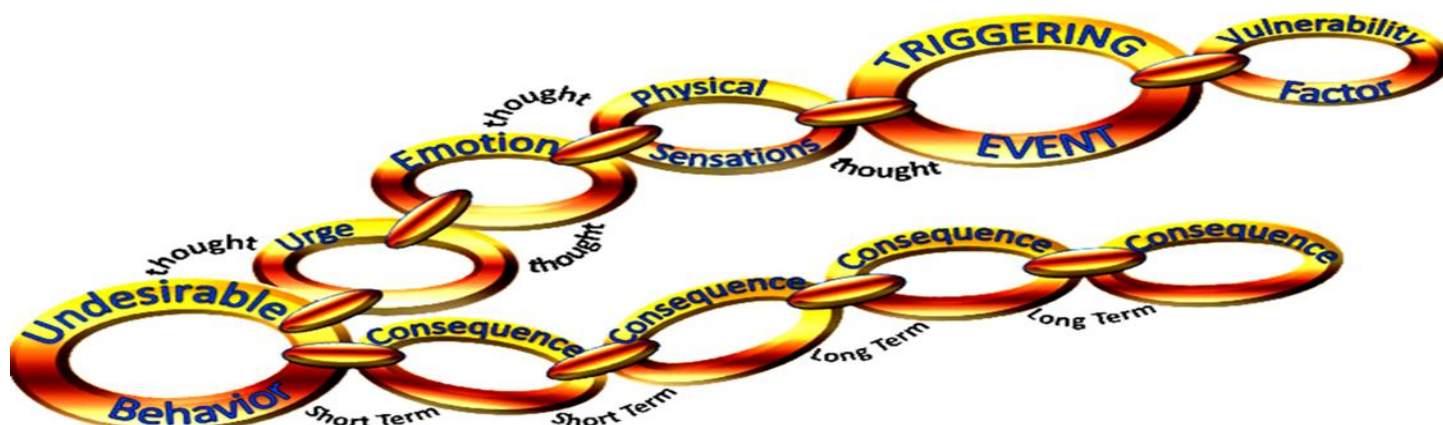
BASED ON VULNERABILITY DUE _____ Chain Definition (Part 1)

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

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	
	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	
	17) Long Term Consequence Socially	
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 or response of others around me.	
	19) Emotions	

See: Part 2
For Steps 7 and following.

Chain Analysis: Part 2



BASED ON VULNERABILITY DUE TO _____ 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?		STEP 7
2) What happened to trigger the behavior?		
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?		
9) UNWANTED, Undesirable Behavior		Alternative Behavior:

