

STEPS IN COMPLETING THE CHAIN ANALYSIS WORKSHEET

STEP 1:

Describe the specific undesirable/problem behavior.

- ~Be as specific and detailed as possible. Avoid any attempt to be vague.
- ~Explain exactly what you thought, said, or did.
- ~If the undesired behavior is a feeling or emotion, explain exactly what you felt.
- ~Describe the intensity of the emotions felt.
- ~Describe the severity and other important characteristics of the unwanted behavior.
- ~Describe the problem behavior in enough detail, that someone reading your description could replicate it.

STEP 2:

Describe the specific triggering event that started the chain reaction.

A triggering event would be an occurrence that triggers the chain of events that leads to the undesired behavior.

A triggering event is an occurrence outside of the person, from within their surroundings.

- ~ What was the exact event that started the chain reaction?
- ~ When did the sequence of events that led to the unwanted behavior start?

STEP 3:

Describe all factors or events that made you more vulnerable to a problematic chain?

What things (either within yourself or in your environment) influenced your vulnerability level to the triggering event?

Possible Vulnerability Factors may Include:

- ~ Physical illness; unbalanced eating or sleeping; injury
- ~ Use of drugs or alcohol;
- ~ Misuse of prescription drugs; beginning a new medication
- ~ Stressful events in the environment (either positive or negative)
- ~ Intense emotions, such as sadness, anger, fear, loneliness
- ~ Expectations

Once you have found the factor(s) that caused you to be more vulnerable to the triggering event, described exactly what the triggering event was, and described the undesirable behavior that resulted from this, we can go on to fill in the missing links. What else happened?

STEP 4:

Describe in painful detail the links in the chain of events that linked the triggering event to the problem behavior.

Links in the chain can be:

~ **(T)** Thoughts, beliefs, expectations

~ **(S)** Sensations, physical sensations

~ **(E)** Emotions, feelings

~ **(U)** Urge

Describe the precise (T) (S) (E) (U) that immediately followed the triggering event. What (T) (S) (E) (U) followed next? What followed after that? And so on..

~ How long is the chain?

~ What are the (T) (S) (E) (U) links? For each link in the chain, ask yourself if there is a smaller link you could describe?

~ Define the links in intense detail.

~ Where does the chain go?

STEP 5:

Describe in detail the consequences of the undesired behavior.

~ Describe as many short-term consequences that affected you personally, or is likely to result, due to your problem behavior.

~ Describe as many short-term consequences that affected something or someone else, or is likely to occur, due to your problem behavior.

~ Describe as many long-term consequences that affected you personally, or is likely to result, due to your problem behavior.

~ Describe as many long-term consequences that affected something or someone else, or is likely to occur, due to your problem behavior.

Step 6:

Describe what may have reinforced your use of this behavior.

~ What did you feel?

~ How did others react?

STEP 7:

Plan Vulnerability Reduction.

Describe in detail how you could have prevented the chain from beginning by reducing your vulnerability to the triggering event.

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STEP 8:

Describe in detail; more effective alternatives and skillful options for each chain link.

Go back to the chain of your behaviors following the prompting event.

Locate links where if you had done something different you would have avoided the problem behavior.

~ Was there an alternative (T) (S) (E) (U) that could have occurred?

~ Could someone else have had a different (T) (S) (E) (U)?

*If so, why do you think the specific (T) (S) (E) (U) you experienced came to be?

~ What could you have done differently at each link in the chain of events to avoid the undesired behavior?

~ What coping behaviors could you have used?

~ What skills could you have used to change the outcome?

STEP 9:

Describe a plan for coping effectively with the triggering event (if it were to happen again) or a plan to keep it from happening again.

STEP 10:

Consider possible repairs to all the harmful consequences of your problem behavior.

~ Is it possible to repair any damage that was caused by your actions?

~ What steps are you willing to take to make amends to those you have harmed. Write out a plan in detail.

STEP 11:

Journal about your deepest thoughts about completing this Chain Analysis Worksheet.

What did you learn about your triggers?

What emotions did this evoke?