

Behavioral Chain Analysis of Problem Behavior Worksheet

1. Describe the specific PROBLEM BEHAVIOR

(flashback, cutting, disassociation, hiding, closeting, panic attack, etc.)

- A. Be very specific and detailed. No vague terms.
- B. Identify exactly what you did, said, thought or felt (if feelings are the targeted problem behavior).
- C. Describe the intensity of the behavior and other characteristics of the behavior that are important.
- D. Describe the problem behavior in enough detail that an actor in a play or movie could recreate the behavior exactly.

2. Describe the specific PRECIPITATING EVENT that started the whole chain of behavior.

- A. Start with the environmental event that started the chain. Always start with some event in your environment, even if it doesn't seem to you that the environmental event "caused" the problem behavior. Possible questions to get at this are:
 1. What exact event precipitated the start of the chain reaction?
 2. When did the sequence of events that led to the problem behavior begin? When did the problem start?
 3. What was going on the moment the problem started?
 4. What were you doing, thinking, feeling, imagining at that time?
 5. Why did the problem behavior happen on that days instead of the day before?

3. Describe in general VULNERABILITY FACTORS happening before the precipitating event. What factors or events made you more vulnerable to a problematic chain? Areas to examine are:

- A. Physical illness; unbalanced eating or sleeping; injury
- B. Use of drugs or alcohol; misuse of prescription drugs
- C. Stressful events in the environment (either positive or negative)
- D. Intense emotions, such as sadness, anger, fear, loneliness
- E. Previous behaviors of your own that you found stressful