

BEHAVIOR CHAIN ANALYSIS

What is the problematic behavior you identified?

What were your emotions, thoughts, urges/actions, and body sensations when you enacted this problematic behavior?

What exactly happened that triggered this problematic behavior?

What made you vulnerable to this triggering event and the events that followed after that led to your problematic behavior?

What values do you have that your problematic behavior goes against?

What were the consequences of your problematic behavior?

Think about the beliefs and values you've listed. What would you have done differently that is aligned with your beliefs and values?

What are you planning on doing regarding the consequences of your problematic behavior?

Write about your deepest thoughts and feelings about your problematic behavior