## Behavior Chain Analysis Worksheet To identify why we do what we do when it seems to be so counter productive!

	Prompting Event interpersonal cor	aflict
person doesn't		Trigger Emotion Self-hatred
	Target Behavlour what i want to change  frantic effort to reconcile differences	
	Short-Term Relief e target behaviour fix or validate or soothe in the express my feelings	the moment of being triggered? & not be a door mat
	<b>+</b>	
what is the recurring, ov	Long-Term Consequence ver-all effect of this target behaviour? what neg	gative core belief does it serve to protect?
guilt, shame, is	solation, rejection, a unworthy of la	abandonment. that i amove.
Inerability Factors:		

Possible solutions to repair the situation / relationship: