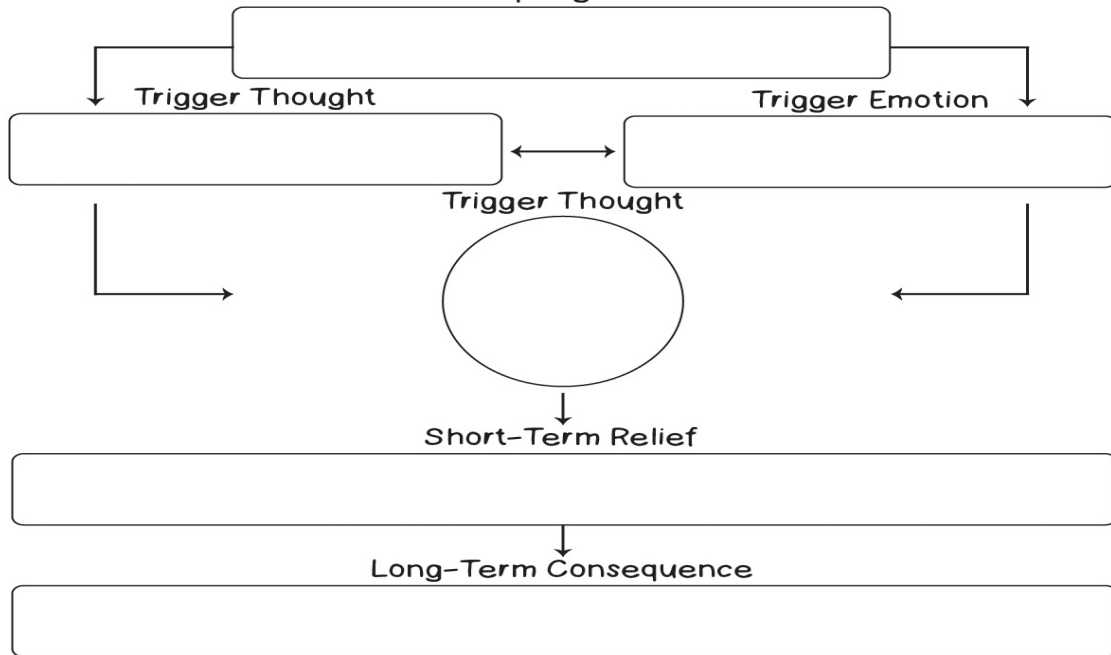Name: _____   Date: _____

DBT BEHAVIOR
CHAIN ANALYSIS

To identify why we do what we do when it seems to be so counter productive!

Prompting Event

Trigger Thought

Trigger Emotion

Trigger Thought

Short-Term Relief

Long-Term Consequence

Vulnerability Factors:	Possible Solutions / Preventative Strategy:	Possible solutions to repair the situation / relationship: