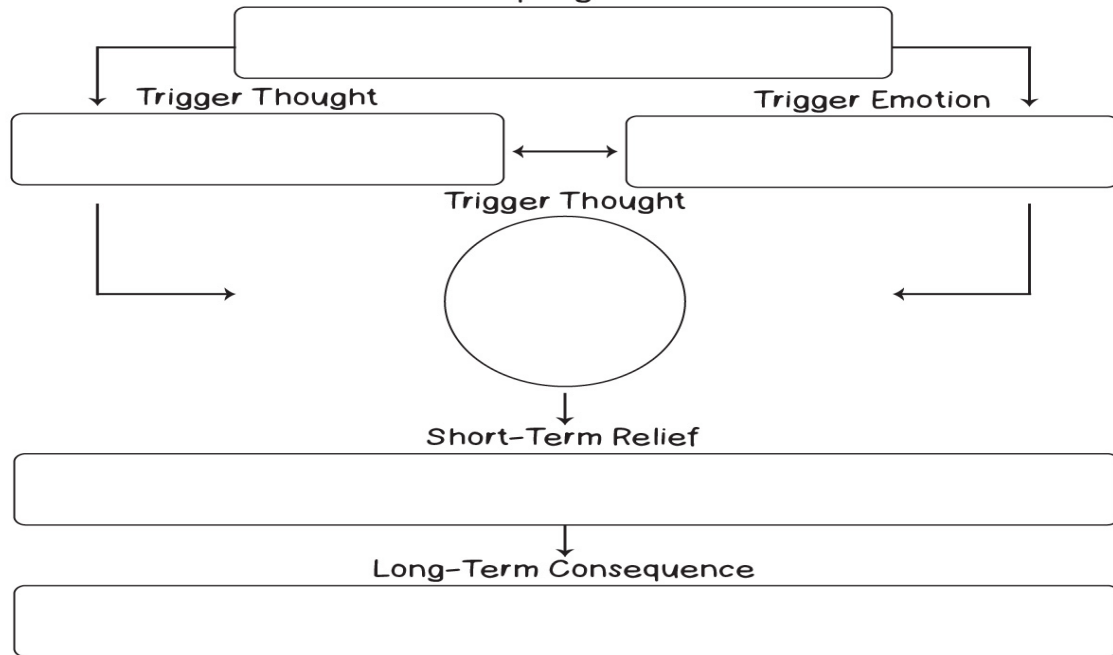


Name: _____ Date: _____

DBT BEHAVIOR CHAIN ANALYSIS

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



Vulnerability Factors:

Possible Solutions /
Preventative Strategy:

Possible solutions to
repair the situation /
relationship:

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