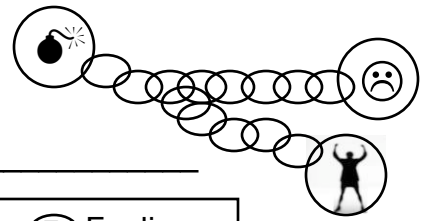


DBT Behavioral Chain Analysis Worksheet



Name: _____ Date: _____ Target Behavior: _____

Types of Links: **(A)** Actions **(B)** Body Sensations **(C)** Cognitions **(E)** Events **(F)** Feelings

Chain Analysis:

Solution Analysis:

Things in myself and my environment that made me vulnerable:

Ways to reduce vulnerability in the future:

Prompting Event:

Ways to prevent prompting event in future:

Actual Behaviors and Events:

Skillful alternative behaviors:

Thoughts/Judgements/Myths

Secondary Emotions:

Escalation

Action Urge:

Action/Behavior:

Problem Behavior

Consequences in the environment?

Plans to repair, correct, and over-correct harm:

Consequences and Harm

(Immediate and delayed)

Consequences in myself?

