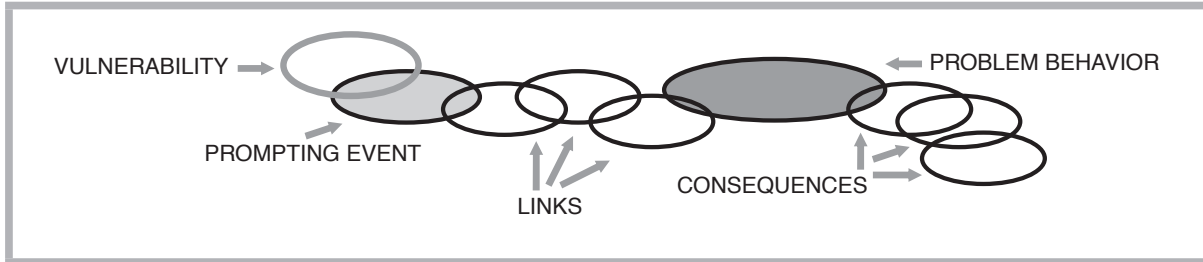


# GENERAL WORKSHEET 2 (p. 1 of 4)

(General Handouts 7, 7a)

## Chain Analysis of Problem Behavior

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_



1. What exactly is the major **PROBLEM BEHAVIOR** that I am analyzing?

2. What **PROMPTING EVENT** in the environment started me on the chain to my problem behavior? Include what happened **RIGHT BEFORE** the urge or thought came into my mind.

Day prompting event occurred: \_\_\_\_\_

3. Describe what things in myself and in my environment made me **VULNERABLE**.

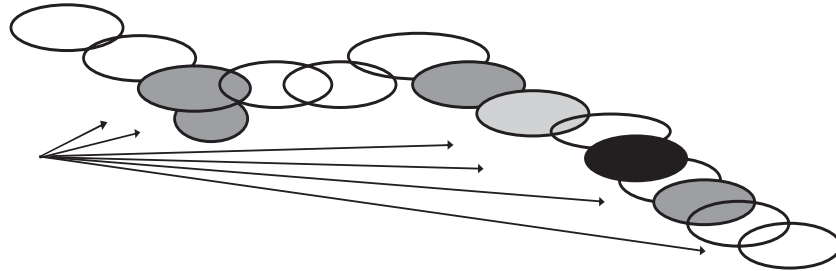
Day the events making me vulnerable started: \_\_\_\_\_

(continued on next page)

**LINKS IN THE CHAIN OF EVENTS:** Behaviors (Actions, Body sensations, Cognitions/Thoughts, Feelings) and Events (in the environment)

**Possible Types of Links**

- A. Actions
- B. Body sensations
- C. Cognitions/thoughts
- E. Events
- F. Feelings



4. List the **chain of events** (specific behaviors and environmental events that actually did happen). Use the ABC-EF list above.

1st. \_\_\_\_\_  
 \_\_\_\_\_

2nd. \_\_\_\_\_  
 \_\_\_\_\_

3rd. \_\_\_\_\_  
 \_\_\_\_\_

4th. \_\_\_\_\_  
 \_\_\_\_\_

5th. \_\_\_\_\_  
 \_\_\_\_\_

6th. \_\_\_\_\_  
 \_\_\_\_\_

7th. \_\_\_\_\_  
 \_\_\_\_\_

8th. \_\_\_\_\_  
 \_\_\_\_\_

9th. \_\_\_\_\_  
 \_\_\_\_\_

6. List new, more **skillful** behaviors to replace ineffective behaviors. Use the ABC-EF list.

1st. \_\_\_\_\_  
 \_\_\_\_\_

2nd. \_\_\_\_\_  
 \_\_\_\_\_

3rd. \_\_\_\_\_  
 \_\_\_\_\_

4th. \_\_\_\_\_  
 \_\_\_\_\_

5th. \_\_\_\_\_  
 \_\_\_\_\_

6th. \_\_\_\_\_  
 \_\_\_\_\_

7th. \_\_\_\_\_  
 \_\_\_\_\_

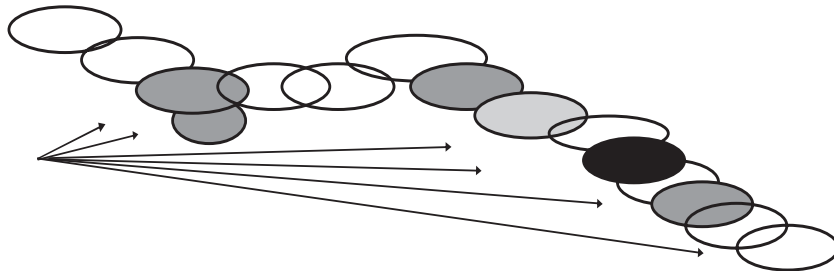
8th. \_\_\_\_\_  
 \_\_\_\_\_

9th. \_\_\_\_\_  
 \_\_\_\_\_

**LINKS IN THE CHAIN OF EVENTS:** Behaviors (Actions, Body sensations, Cognitions/Thoughts, Feelings) and Events (in the environment)

**Possible Types of Links**

- A. Actions
- B. Body sensations
- C. Cognitions/thoughts
- E. Events
- F. Feelings



4. List the **chain of events** (specific behaviors and environmental events that actually did happen). Use the ABC-EF list above.

10th. \_\_\_\_\_

11th. \_\_\_\_\_

12th. \_\_\_\_\_

13th. \_\_\_\_\_

14th. \_\_\_\_\_

15th. \_\_\_\_\_

16th. \_\_\_\_\_

17th. \_\_\_\_\_

6. List new, more **skillful** behaviors to replace ineffective behaviors. Use the ABC-EF list.

10th. \_\_\_\_\_

11th. \_\_\_\_\_

12th. \_\_\_\_\_

13th. \_\_\_\_\_

14th. \_\_\_\_\_

15th. \_\_\_\_\_

16th. \_\_\_\_\_

17th. \_\_\_\_\_

(continued on next page)

**5. What exactly were the *consequences* in the environment?**

**And in myself?**

**What *harm* did my problem behavior cause?**

**7. *Prevention plans:***

**Ways to reduce my *vulnerability* in the future:**

**Ways to prevent *precipitating event* from happening again:**

**8. Plans to *repair, correct, and overcorrect* the harm:**