

CHAIN ANALYSIS OF PROBLEM BEHAVIOUR

What exactly is the major problem behaviour that you are needing to change? (self harm? Therapyinterfering? Quality of life?)

What prompting event started you on the chain to your problem behaviour?

(Break them down into single items) Was is a row? A bill? An interpretation of an event?

What things in yourself or your environment made you vulnerable? (lack of sleep, alcohol?)

What were your thoughts at the time? (judging? catastrophising?)

What were your emotions? (sad, shame, angry?)

What were the sensations in your body? (clenched fist? butterflies in tum?)

What was the urge? (what did you want to do?)

*What were the consequences of your behaviour?
immediately for you?
immediately for others?
delayed for you?
delayed for others?*

What could you do to repair or put things right?

What might have been the function of your behaviour? (what was it seeking to achieve?)

NOW GO BACK OVER EACH BOX
AND LIST THE SKILLS YOU COULD
HAVE USED TO HAVE BROKEN THE
CHAIN OF EVENTS.

Were you willing to do it differently?

If you were being willful and doing what you have always done, what are the pros and cons of this willfulness?