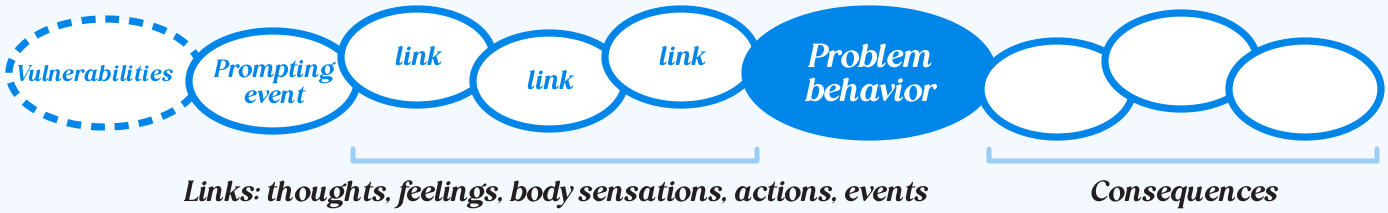
Chain *Analysis*

Root & Bloom Therapy

A DBT skill for understanding a problem behavior

Name _____ Date _____ Date of behavior _____

A chain analysis helps you slow down and look at what led up to a behavior you want to change, one link at a time. Once you can see the whole chain, you can find places to break it. Try to describe each part with facts, not judgments.



Links: thoughts, feelings, body sensations, actions, events

Consequences

1 *The problem behavior*

What exactly did I do, say, or not do? Describe it so clearly that someone else could picture it.

2 *The prompting event*

What happened right before the urge or thought showed up? Where was I, and who or what was around?

When it happened: _____

3 *My vulnerabilities*

What was going on in my body or my life that made me more sensitive that day? Think about sleep, food, health, stress, feelings, or events.

When it started: _____

Continued on the next page →

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4 *The links in my chain*

Each link can be a thought, feeling, body sensation, action, or event. List them in order, then write something more skillful you could do at that link.

What happened, in order	A more skillful choice at that link
1	
2	
3	
4	
5	
6	
7	
8	

5 *What happened afterward*

What happened after the behavior, right away and later on?

For me

For others or the situation

6 *Making a plan*

Look back over the chain and plan ahead.

Next time I will…

To make things better, I can…