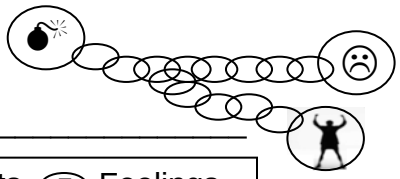
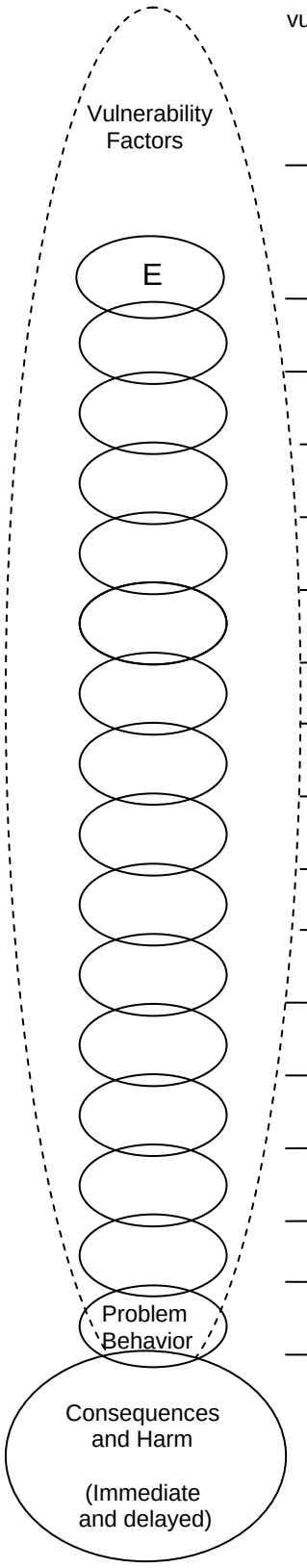
DBT Behavioral Chain Analysis Worksheet



Name: _____ Date: _____ Target Behavior: _____

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



Chain Analysis:

Things in myself and my environment that made me vulnerable:

Prompting Event:

Actual Behaviors and Events:

Consequences in the environment?

Consequences in myself?

Solution Analysis:

Ways to reduce vulnerability in the future:

Ways to prevent prompting event in future:

Skillful alternative behaviors:

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

Adapted from Marsha Linehan's Chain Analysis Worksheet by Seth Axelrod, PhD 2/13/04