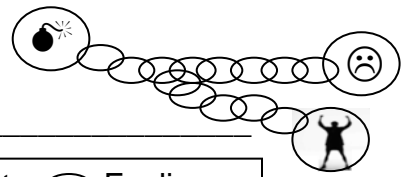


# DBT Behavioral Chain Analysis Worksheet



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Target Behavior: \_\_\_\_\_

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

<b>Chain Analysis:</b>	<b>Solution Analysis:</b>
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:
Consequences in the environment?	Plans to repair, correct, and over-correct harm:
Consequences in myself?	

