

Behavior Chain and Solution Analysis Worksheet

DATE:_____ Behavior I will Change:_____

VULNERABILITIES:		
Things in the environment/myself that increased vulnerabilities:		Effective Response to Vulnerabilities:
PROMPTING EVENT:		Effective Response to Prompting Event:
Label	BEHAVIOR CHAIN	SOLUTION ANALYSIS
E,T,F,S,U	Event, Thought, Feeling, Sensation, Urge	Skillful Responses
BEHAVIOR I WANT TO CHANGE:		EFFECTIVE ALTERNATIVE:
IMMEDIATE CONSEQUENCES		DELAYED CONSEQUENCES
Plans to repair/correct harm:		