

GENERAL HANDOUT 6

([General Worksheets 2, 3](#))

Overview: Analyzing Behavior

**To figure out its causes
and plan for problem solving.**

**Chain Analysis
is for when you engage in ineffective behavior.**

A chain analysis examines the chain of events that leads to ineffective behaviors, as well as the consequences of those behaviors that may be making it hard to change them. It also helps you figure out how to repair the damage.

**Missing-Links Analysis
is for when you fail to engage in effective behaviors.**

A missing-links analysis helps you identify what got in the way of doing things you needed or hoped to do, things you agreed to do, or things others expected you to do. It also helps you problem-solve for the future.