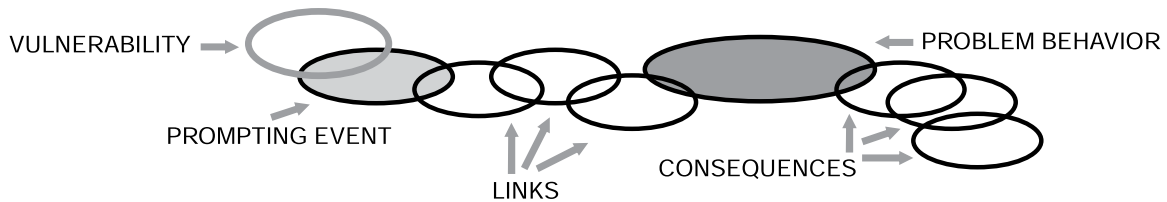


# GENERAL HANDOUT 7

(General Worksheets 2, 2a)

## Chain Analysis

TO UNDERSTAND BEHAVIOR, DO A CHAIN ANALYSIS.



**Step 1:** Describe the **PROBLEM BEHAVIOR**.

**Step 2:** Describe the **PROMPTING EVENT** that started the chain of events leading to the problem behavior.

**Step 3:** Describe the factors happening before the event that made you **VULNERABLE** to starting down the chain of events toward the problem behavior.

**Step 4:** Describe in excruciating detail the **CHAIN OF EVENTS** that led to the problem behavior.

**Step 5:** Describe the **CONSEQUENCES** of the problem behavior.

### To change behavior:

**Step 6:** Describe **SKILLFUL** behaviors to replace problem links in the chain of events.

**Step 7:** Develop **PREVENTION PLANS** to reduce vulnerability to stressful events.

**Step 8:** **REPAIR** important or significant consequences of the problem behavior.