DBT Behavioral Chain Analysis Worksheet		
Name:	Date: Target Behavior:	
Types of Links:   Actions B Body Sensations C Cognitions E Events F Feelings		
	Chain Analysis:	Solution Analysis:
/ Vulnerability \ / Factors	Things in myself and my environment that made me vulnerable:	Ways to reduce vulnerability in the future:
E	Prompting Event:	Ways to prevent prompting event in future:
	Actual Behaviors and Events:	Skillful alternative behaviors:
	<u> </u> 	
Problem		
(Behavior		

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

Consequences and Harm

(Immediate and delayed)

Consequences in the environment?

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

Consequences in myself?