



Behavior Chain Analysis

1. Problem behavior: Describe the behavior

2. Prompting event: What led up to it? Be as detailed as possible.

3. Vulnerabilities: What do I know makes me vulnerable in this situation?

4. Links (ABCDEF: Actions, Body Sensations, Cognitions, Events, Feelings) Write all the links in the chain that led to the outcome, considering ABCDEF.

5. Consequences in Environment (immediate and delayed): What were the consequences to the environment and people around me? Immediate consequences? Delayed consequences?

6. Consequences for Self (immediate and delayed) What were the consequences to me? Immediate consequences? Delayed consequences?

Reflection: _____

Behavior Chain Analysis



What I do:

Why I do it:

What happens in my body, mind, and heart while I am doing it?

What happens for others after?

What happens for me after?

10. Behavior Chain Analysis

Self-awareness is the first step of change. Through awareness, we can begin to understand what leads us to make certain decision, take certain actions, and achieve the resulting outcomes. When we can see our own agency in situations, we then have the power to make meaningful changes. When we operate from a victim space (things happen “to” me), we are powerless to create change. A behavior-chain analysis helps us to see how we get to the outcomes we experience in hopes of creating the realization of a better plan or path moving forward or for the next time we are faced with the same choice-point.

Completing a behavior-chain analysis is a wonderful skill to build self-awareness. It makes it easier to identify and elevate values that are not being honored by one’s present choices. It helps us do “reality-testing” when blaming others for our outcomes, or otherwise not taking full responsibility for our own lives.

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This activity includes a sheet for older and younger children.