Chain Analysis DBT Worksheet

Name:	Date:
Physician's Name:	
2. Prompting Event 3. Links	1. Problem Behavior 5. Consequences
1. PROBLEM BEHAVIOR	
Instructions: Describe the problem behavior in detail. Be very specific and if you Also, describe the behavior's intensity and other important characteristics of said clearly picture/understand what the problem behavior is.	
2. PROMPTING EVENTS	
Instructions: Describe what happened right before the behavior even if it may not the event began, what was happening at the time, and what were you doing/think after the event, why is that so?	-
3. VULNERABILITY	
Instructions: What were the things in yourself or your environment that made you beliefs, stressful events in the environment)	ou vulnerable to the event? (e.g. injury, thoughts,

Adapted from Marsha Linehan's Chain Analysis Worksheet of Problem Behavior

4. LINKS

Instructions: List the chain of events that led to the behaviors. Here's a list of the possible types obdily sensations, C - Cognitions (Thoughts), E - events, F- feelings	of links as a guide: A - actions, B -
1.	
2.	
3.	
4.	_
5.	
6.	
7.	
8.	
9.	
10.	
Instructions: Write down the consequences of your behavior to your environment, to others, and problem behavior cause?	to yourself. What harm did your
6. COPING/SKILLFUL BEHAVIORS	
Instructions: Write down what you could've done differently to avoid the problem behavior. At what problem behavior? What coping/skill behaviors could you have used or will practice for the future?	

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7. PREVENTION	
Instructions: Write down what you can do in the future to prevent being vulnerable.	
8. SOLVING	
Instructions: Write down what would you do if it were to happen again, more specifically in regards to the prompting event. Alternatively, are there any ways you can correct the harm you have caused yourself or others?	
9. SHARING	
Instructions: Write down any thoughts or feelings that come to mind you're not able to write in the previous sections. You may go back and check the other sections if it helps.	