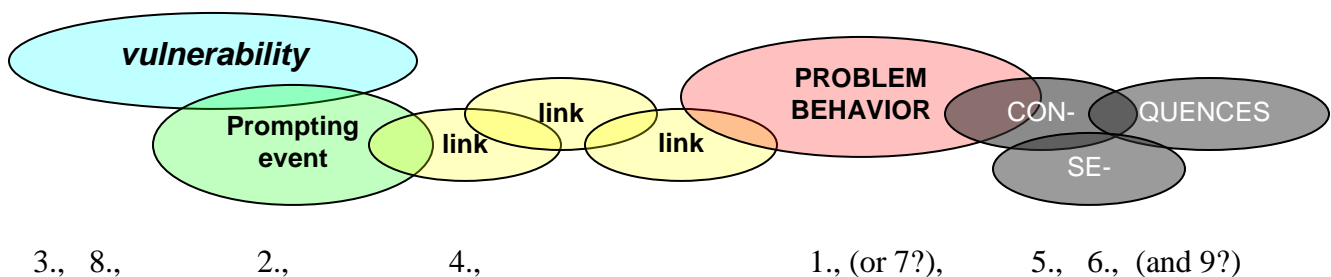


# The CHAIN ANALYSIS Strategy for Changing Behavior

1. What is the **PROBLEM BEHAVIOR** I want to change?
2. What **Prompting Event** put things in motion?
3. What things in myself and/or my environment made me **vulnerable** to the Prompting Event?
4. What are the detailed links in the **Chain of Events** that connect the Prompting Event to the PROBLEM BEHAVIOR?
  - Links (body sensations, cognitions, feelings, actions)
  - Events
5. What are the **Negative Consequences** of the PROBLEM BEHAVIOR in the environment?
  - Immediate
  - DelayedWhat's so bad about them?
6. What are the **Negative Consequences** of the PROBLEM BEHAVIOR in myself?
  - Immediate
  - DelayedWhat's so bad about them?
7. What would be **different, and better** solutions or responses to the situation the next time it might happen?
8. How can I **reduce my vulnerability** for the future?
9. How can the negative consequences be **Repaired or Corrected**? How can I make the situation even better than it was before the PROBLEM BEHAVIOR?



*What do you think about this process?*