



BEHAVIOR CHAIN ANALYSIS

PATIENT NAME: _____

DATE: _____

2. PROMPTING EVENT

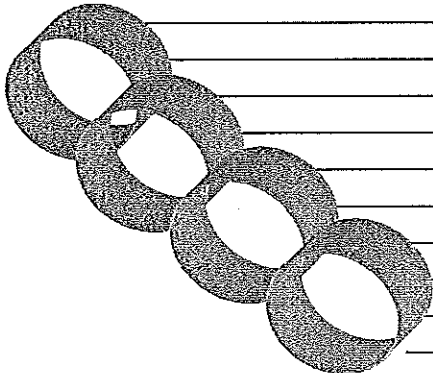
In reviewing the narrative above, can you identify the prompting event? (The prompting event is an external/environmental event that is outside the person that triggers the problem behavior.) Why did the problem behavior happen on this day instead of yesterday? _____

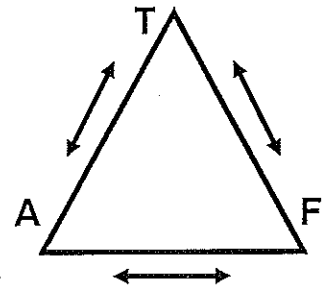
3. VULNERABILITY

What intense emotions or physical states (e.g. hungry, angry, lonely, tired) did you feel? _____

4. LINKS

Now that steps 1, 2, & 3 are identified, list in sequential order the Thoughts, Feelings, and Actions (behaviors) that connected (linked) the prompting event to the problem behavior. Understand that the arrows flow in either direction.







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CENTERS FOR EATING DISORDERS

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5. PLOTTING

Use the attached pictorial to plot key words from steps 1-4 in the appropriate chains.

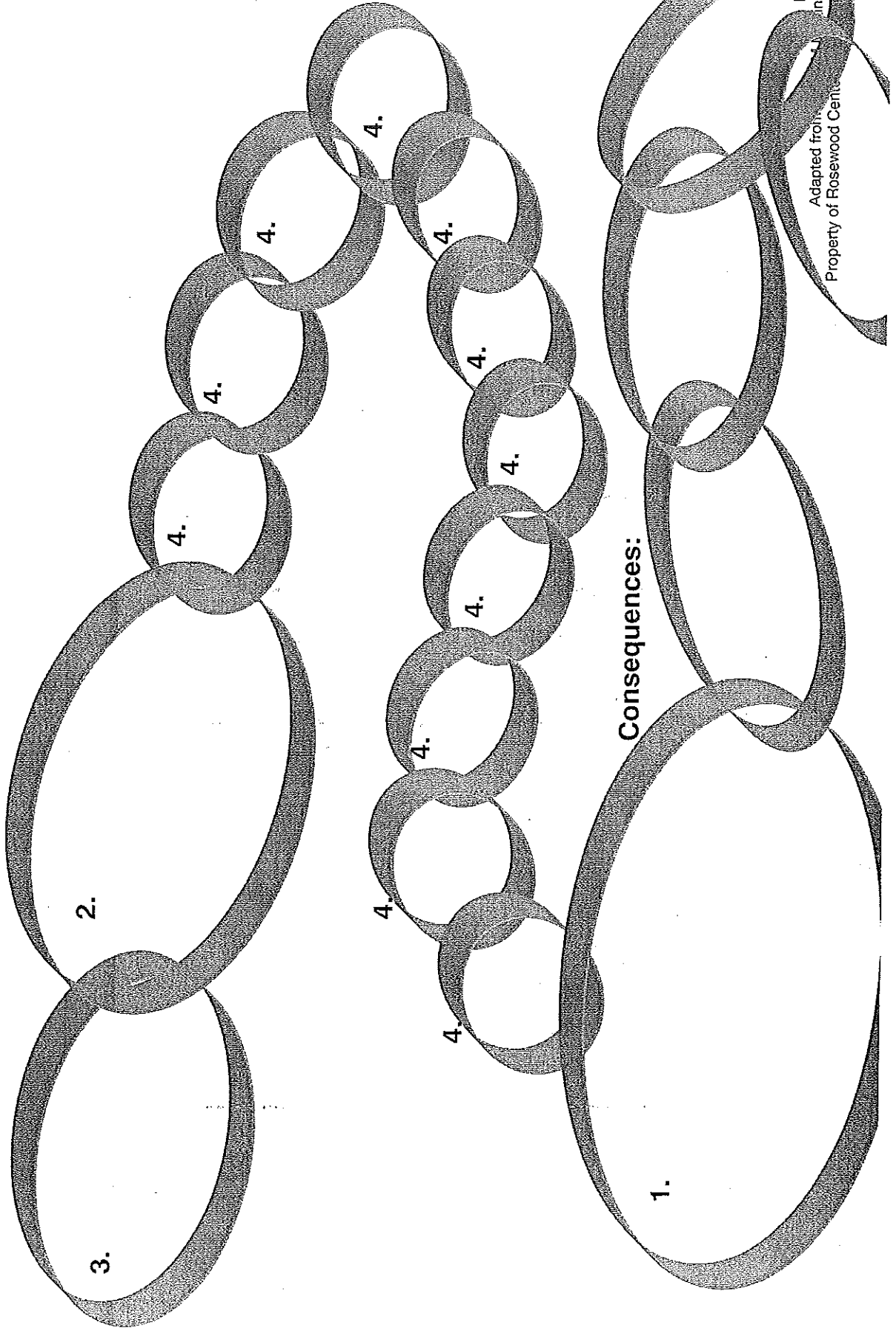


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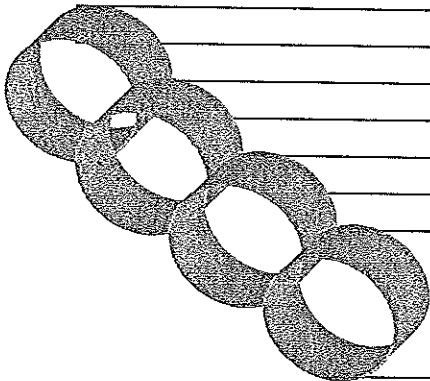
DATE: _____

PHASE II – SOLUTION ANALYSIS

- In reviewing the behavior chain (steps 2-4); list **SKILLS** that could break the links on the chain leading up to the problem behavior.

LINK TO BE BROKEN

SKILL TO BREAK THE CHAIN



- What were the consequences (positive and/or negative) to this problem behavior?

IMMEDIATE CONSEQUENCES IN THE ENVIRONMENT:
DELAYED CONSEQUENCES IN THE ENVIRONMENT:
IMMEDIATE CONSEQUENCES IN MYSELF:
DELAYED CONSEQUENCES IN MYSELF:

- Plot key words from consequences on the pictorial.
 - Are there any amends or repairs that need to occur as a result from the harm caused by my problem behavior? _____
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- In summary, what will I do differently next time? (Include ways to reduce vulnerability, prevent prompting event, and prevent the behavior from happening again.) _____
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