



BEHAVIOR CHAIN ANALYSIS

PATIENT NAME: _____

DATE: _____

2. PROMPTING EVENT

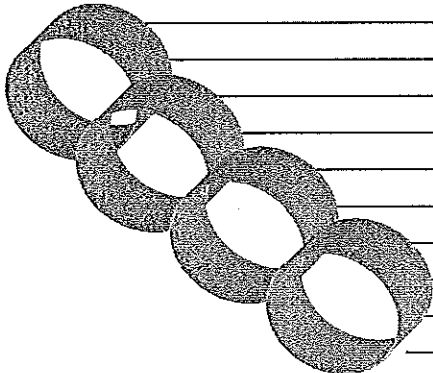
In reviewing the narrative above, can you identify the prompting event? (The prompting event is an external/environmental event that is outside the person that triggers the problem behavior.) Why did the problem behavior happen on this day instead of yesterday? _____

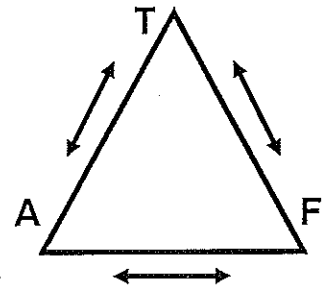
3. VULNERABILITY

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.







ROSEWOOD.
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.

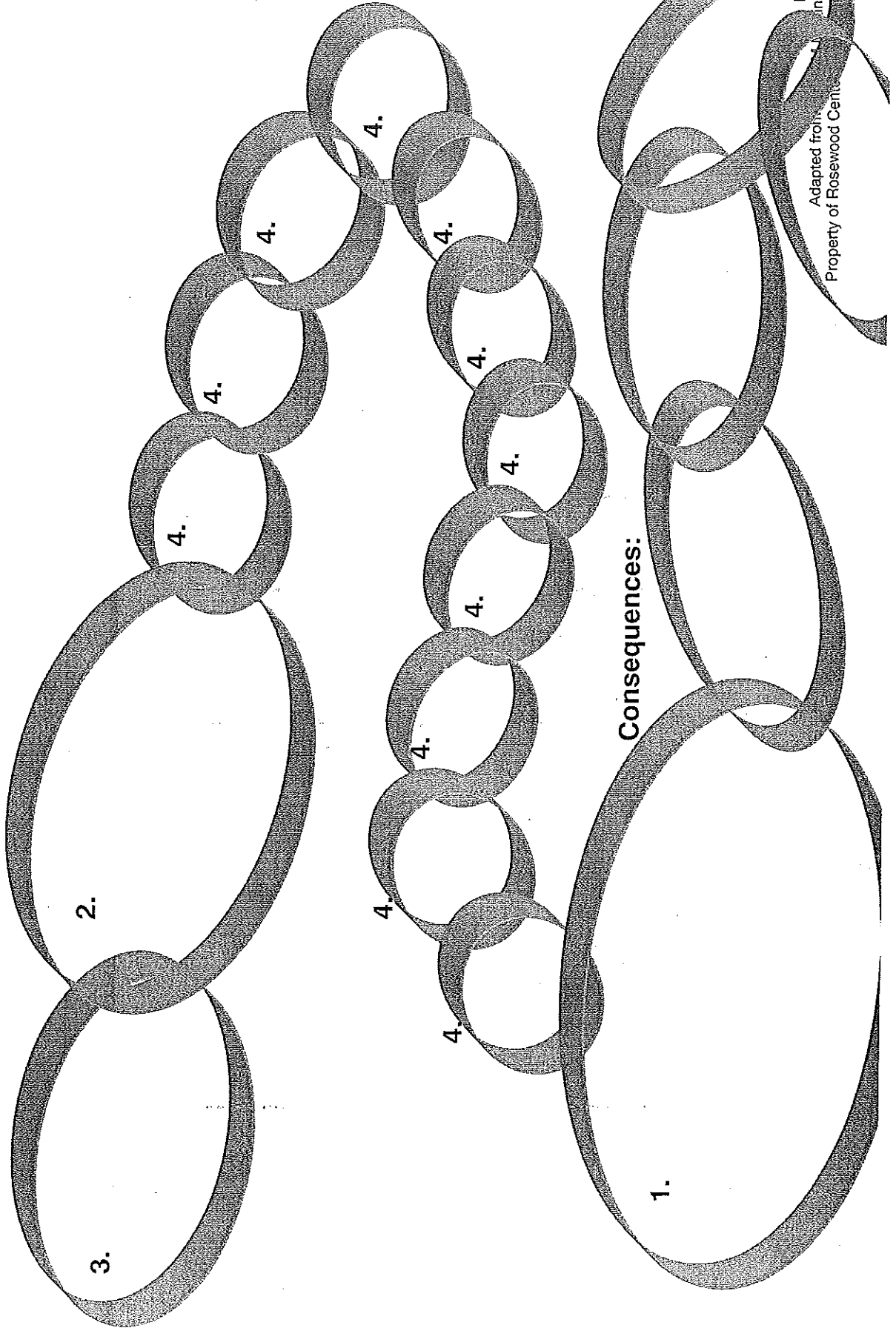


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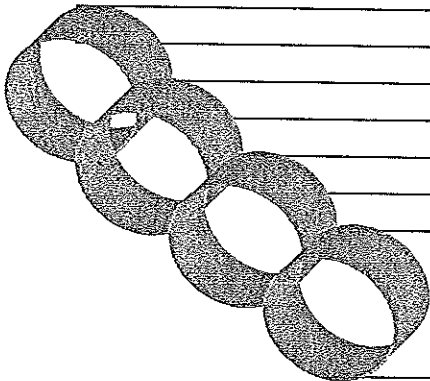
DATE: _____

PHASE II – SOLUTION ANALYSIS

1. 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



- 2.a. 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:

- 2.b. Plot key words from consequences on the pictorial.
- 2.c. Are there any amends or repairs that need to occur as a result from the harm caused by my problem behavior? _____
- _____
- _____

3. In summary, what will I do differently next time? (Include ways to reduce vulnerability, prevent prompting event, and prevent the behavior from happening again.) _____

