DBT Be	ehavioral Chain Analysis Wo	orksheet (S)
Name:	Date: Target Behavior:	
Types of Links: A Actions B Body Sensations C Cognitions E Events F Feelings		
	Chain Analysis:	Solution Analysis:
	Things in myself and my environment that made me vulnerable:	Ways to reduce vulnerability in the future:
, Vulnerability		
, Factors \	Prompting Event:	Ways to prevent prompting event in future:
	Frompung Event.	ways to prevent prompting event in future.
E		
	Actual Behaviors and Events:	Skillful alternative behaviors:
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Problem		
Constant	Consequences in the environment?	Plans to repair, correct, and over-correct harm:
Consequences and Harm		
(Immediate and delayed)	Consequences in myself?	