



# Chain Analysis Worksheet

Go back over one problem behavior, link by link, to find out what led to it and where a skill could break the chain next time. Do it when you are calm, with curiosity, not blame.

DBT · USE AFTER THE MOMENT, NOT DURING IT

## The steps

### 1 Behavior

Name one specific thing you did (or did not do).

### 2 Trigger

The event that started the chain. Facts only.

### 3 Vulnerable

What made you more open to it that day?

### 4 Links

Thoughts, feelings, body, actions, in order.

### 5 After

What happened next, short and long term?

### 6 Solutions

Skills for the links, repair, prevention.

1. The problem behavior (what, when, how much)

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2. The prompting event (what a camera would have recorded)

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3. What made me vulnerable (sleep, food, illness, alcohol, stress, earlier events that day)

## 4. The links in the chain (from the trigger to the behavior)

| Link | What happened (thought, feeling, body sensation, action) | A skill that could have helped here |
|------|----------------------------------------------------------|-------------------------------------|
| 1    |                                                          |                                     |
| 2    |                                                          |                                     |
| 3    |                                                          |                                     |
| 4    |                                                          |                                     |
| 5    |                                                          |                                     |
| 6    |                                                          |                                     |

5. Consequences right after

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5. Consequences later (for me, for others)

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6. Repair (what I can do to make it right)

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6. Prevention (less vulnerable, act at the first link)

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**Be kind to yourself.** A chain analysis is not a punishment. The goal is to understand, not to blame. If going over it brings back strong urges, stop and use a crisis skill first.



Practice this on your phone with the free DBT-Mind app.

Scan to download for iPhone or Android. Full guide:

[dbt-mind.com/guides/behavior-chain-analysis](https://dbt-mind.com/guides/behavior-chain-analysis)

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

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