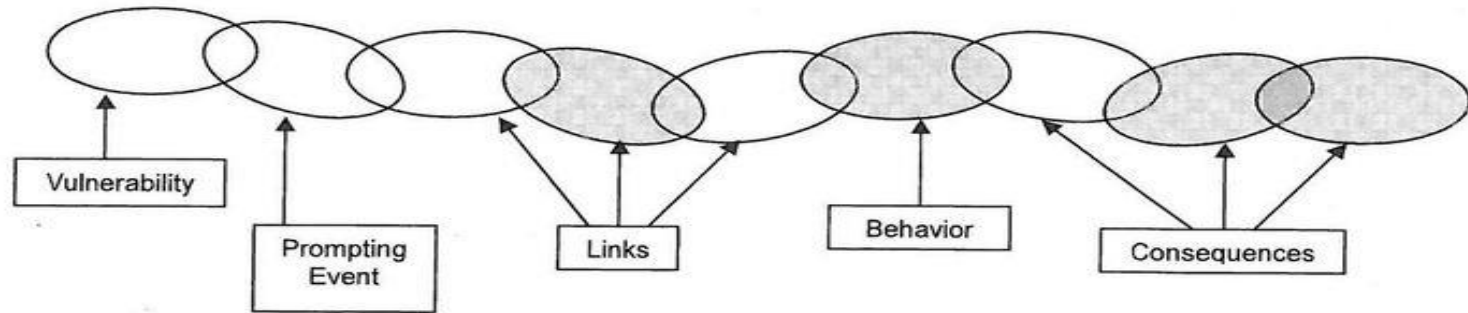# CHAIN ANALYSIS

### AQAL THERAPIES

The following worksheet is one of the 5 most powerful tools used in programs at AQAL Therapies.

It lays out the sequence of events that lead to the undesired behavior which then proceeded to the undesired outcome.

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# DEFINING THE CHAIN



In order to use this tool you need to identify the exact behavior you are looking to decrease, such as a panic attack. Then you identify the prompting event. The most important step is identifying the links in between the prompting event and the behavior. Then for further depth in the analysis you describe the consequences and vulnerabilities.

# PROBLEM BEHAVIOR

This is the behavior that is in question. It could be punching a wall, throwing a chair, screaming at someone, cutting, using a drug, missing a therapy appointment, skipping class, or any other problematic target behavior. Generally in a therapy setting, these behaviors are identified in the treatment plan or on the diary card.

# PROMPTING EVENT

This is the event, or trigger, that directly led to the problem behavior.
What was going on right before the problem behavior?

# CONSEQUENCES

What are the ramifications of the problem behavior?
What are the immediate consequences? What about long term consequences?
How will the behavior affect yourself, others, and your environment?

# LINKS

Perhaps the most important detail to this model are the links. In this section we want every nitty gritty detail and every link between the prompting event and the problem behavior, no matter how small.
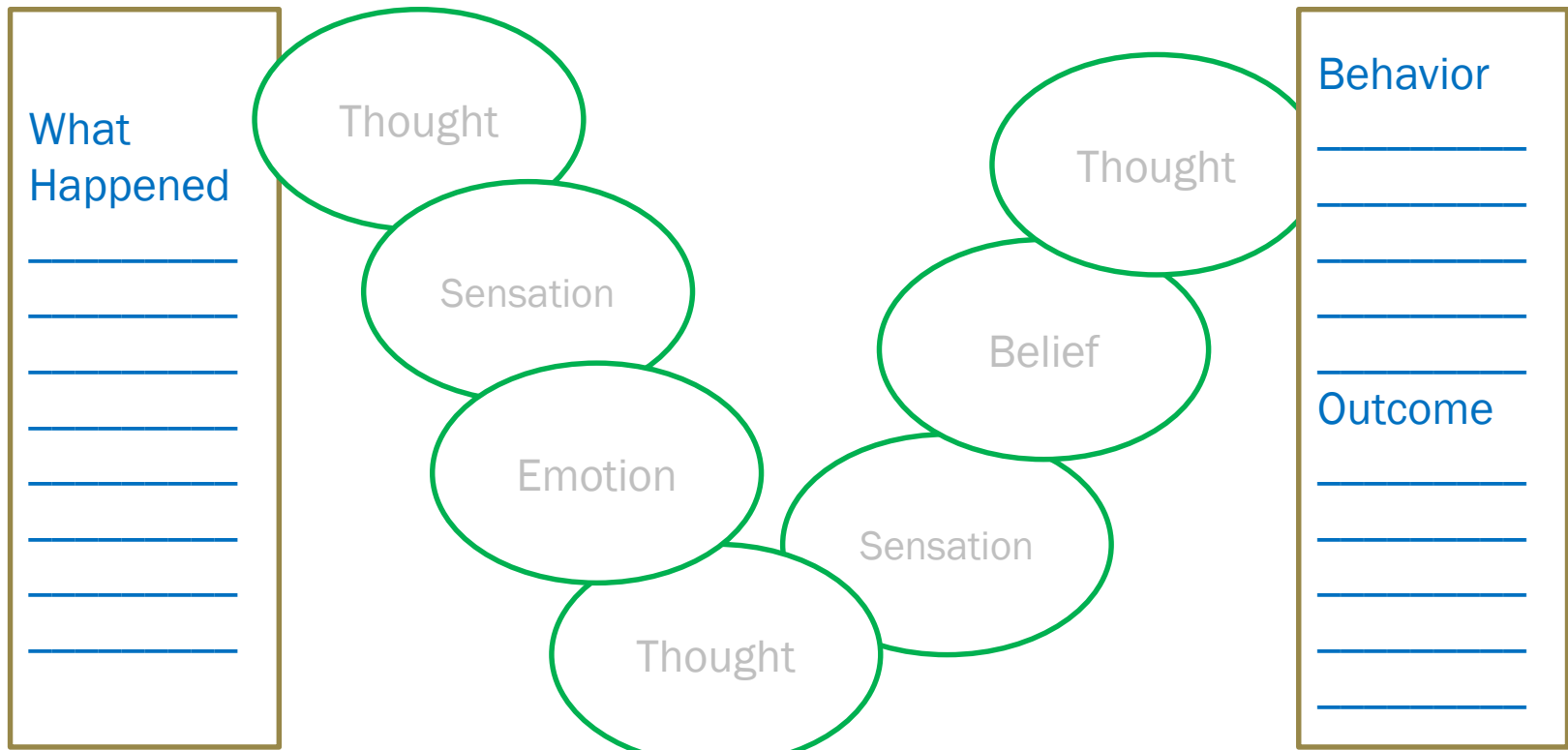- How did you react to the prompting event?
- What thoughts did you have?
- How did your beliefs and values play a part in your thoughts and emotions?
- How did your body react? Was it tense or did your heart start racing?
- Did you or anyone else around you do anything else before the problem behavior happened?

You need to be very specific here. Write out exactly what your thoughts were ("he is an idiot" or "I am useless"). Write the chain links out in order and in great detail.

The secret to this model then, is that once you can identify the links, you can work to replace one or several of the links with an alternative so that the rest of the chain never occurs AND the behavior becomes less likely to happen if at all.

# CHAIN ANALYSIS WORKSHEET

What
Happened

_____
_____
_____
_____
_____
_____
_____

Thought

Sensation

Emotion

Thought

Sensation

Belief

Thought

Behavior

_____
_____
_____

Outcome

_____
_____
_____
_____

Example on next slide

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# CHAIN ANALYSIS WORKSHEET

**What Happened**
_____
Spouse askes about cleaning the living room
_____
_____

"Crap, I forgot"

Sensation

Embarrassed/ Ashamed

"Wait! I just did that 3 days ago"

Sense shoulders

He/She never sees me

"to hell with it"

**Behavior**
_____
Angry outburst
_____
Outcome
Yelling match
Frayed relations
Resentment

By seeing this all laid out, it is possible then to identify which link would be the easiest to address. For instance, having practiced mindfulness skills often will increase awareness so that when your shoulders are tense you notice and stop the following thought from occurring. A break in the chain, leads to a different outcome.

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# TO LEARN HOW TO USE THESE TOOLS

To learn how to use this tool in more detail as well as similar tools and concepts please visit

www.aqaltherapies.com

and schedule an appointment