

BEHAVIOUR CHANGE WORKSHEET

PURPOSE

Behaviour chain analysis is used to understand the components that prompt, contribute to, and reinforce an unwanted behaviour that an individual would like to change. This helps identify where change is possible and where acceptance may be needed.

INSTRUCTIONS

Collaboratively explore the what, where, when, and how of the target behaviour to reach a full understanding of its occurrence. Next, identify consequences, the prompting event, and vulnerabilities around this event. Identify the links in the chain between the prompting event and the target behaviour; include thoughts, feelings, body sensations (urges), and actions. There can be as many "links" in the chain as needed to explain how things unfolded. Seek to understand where skills (including acceptance) could be inserted for a different outcome if faced with a similar situation in the future.

What is the target behaviour I am trying to understand?	
What vulnerabilities was I experiencing that made the behaviour more likely?	
What event got the whole thing going?	
What are the thoughts, feelings, actions, and body sensations that lead to the target behaviour?	
What consequences did you notice? (Consider whether consequences were immediate or delayed; positive or negative; in self or others.)	
How can I reduce my vulnerabilities ?	
Can anything be done to help reduce the impact of the prompting event ?	
How can you interrupt or work on thoughts, emotions, and behaviours that lead to the target behaviour?	