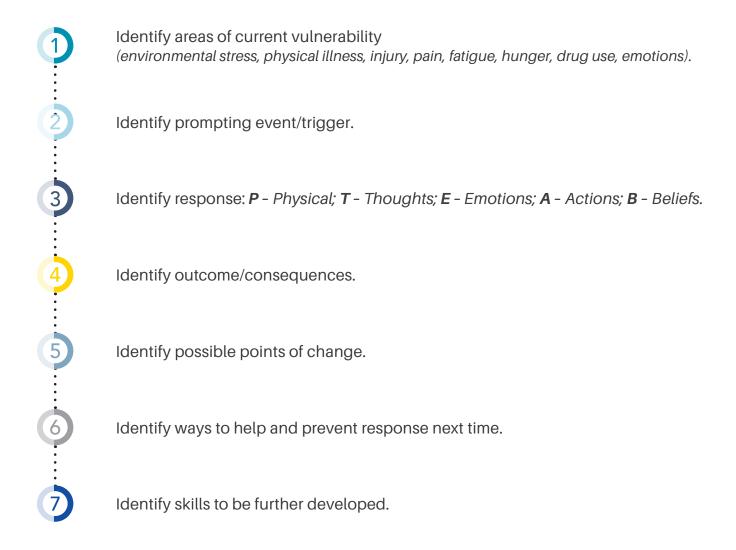
CHAIN ANALYSIS

PURPOSE

A chain analysis can be used to assist an individual to become more aware of how their thoughts, emotions, and behaviours can contribute to problem responses. Using this process with clients can assist them in both developing more self-awareness and in feeling more in control of future responses. A key component of this process is reviewing possible points of change following the identification of the chain of events, so that one can determine areas of change and potential skill development.

INSTRUCTIONS



CHAIN ANALYSIS

