

DBT

CHAIN ANALYSIS

WHAT HAPPENED, WHY IT HAPPENED, AND HOW TO AVOID IT NEXT TIME?

GO BY NUMBERS

START HERE

3. VULNERABILITIES

Illness? Hungry or tired? Stressed?
Drugs or alcohol?; misuse of
prescription drugs.
Already intense emotions?



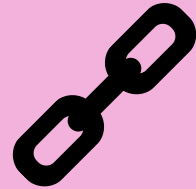
2. PROMPTING EVENT

When did the problem start?
What triggered it initially?
First thinking about the problem
behaviour?



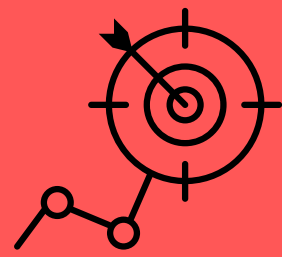
4. CHAIN OF EVENTS

Things you did after the prompting
event? Body sensations? Feelings
and thoughts? Things that
happened around you?



1. PROBLEM BEHAVIOUR

Should you have done something /
did something should not have?
Exactly what? Intensity of thoughts
and feelings?



5. CONSEQUENCES

How did you feel immediately
following the behavior? Later?
What effect did the behavior have
on you and others?



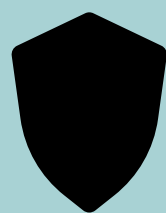
6. REPAIR

Who did you hurt? What negative
consequence can you repair?
Be smart: repair directly what was
broken (trust, friendship)



7. PREVENTION STRATEGY

How can you keep them from
starting again? Reducing
vulnerability? Avoiding triggers?
Stopping the chain?



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