Chain Analysis Worksheet

DBT behavior analysis: fill this in soon after, while the details are fresh. You're looking for links where a skill could help next time, not for reasons to blame yourself.

Name _____ Date _____

1. Problem behavior

Exactly what I did. "Yelled for 10 minutes", not "got angry".

2. Prompting event

What happened right before the chain started?

3. Vulnerability factors

Sleep, hunger, illness, stress, skipped medication, an earlier conflict?

4. The chain

Each link between the event and the behavior. Mark each one: thought, emotion, body sensation or action.

#	Link	Type
1		
2		
3		
4		
5		

5. Consequences

Right after, and later: for me, for others, for the relationship.

6. Intervention points

2–3 links where a specific skill could have changed the outcome. Name the skill.

7. Repair and prevent

What I can do now to repair, and what I'll do if this chain starts again.

Free from DBT Pal (dbtpal.app). For learning and practice between sessions; not a substitute for therapy or crisis support. In the US, call or text 988 in a crisis.

Rate urges and emotions each day on your DBT Pal diary card, so the details are there when you do a chain analysis. Free for iPhone and Android: dbtpal.app/get?c=pdf-chain-analysis