

What exactly is the major PROBLEM BEHAVIOR that I am analyzing?

- Vulnerability Prompting event Links Problem Behavior Consequences

Possible type of links: Actions, Body Sensations, Cognitions, Events, Feelings

What PROMPTING EVENT in the environment started me on the chain to my problem behavior?:

Start day / hour: _____

What things in myself and my environment made me VULNERABLE?

Start day / hour: _____

LINKS: List actual and specific behaviors and events

LINKS: List new and more skillful behaviors

What exactly were the CONSEQUENCES in the environment:

Immediate: _____

Delayed: _____

What exactly were the CONSEQUENCES in myself:

Immediate: _____

Delayed: _____

Ways to reduce my VULNERABILITY in the future:

Ways to prevent PROMPTING EVENT from happening again:

What HARM did my PROBLEM BEHAVIOR CAUSE:

Plans to REPAIR, CORRECT, AND OVERCORRECT the harm:

MY DEEPEST THOUGHTS AND FEELINGS ABOUT THIS (THAT I WANT TO SHARE):

