## Chain Analysis Worksheet

Use this exercise to identify and replace unwanted or unhelpful behaviours.

1. **Target Behaviour**: What is the unhelpful or unwanted behaviour that you want to change or replace?
2. **Precursors**: What precursors or environmental factors predispose me to the situation?
3. **Trigger**: What triggers or starts the chain reaction?
4. **Chain**: What happens link by link in the chain?
5. **Label**: Identify each link as a Thought (T), Feeling (F), Body Sensation (BS), Behaviour (B) or Event (E).
6. **Consequence**: What is the immediate consequence and longer-term effect of this chain reaction?
7. **New Skills**: What alternative helpful skill could I use to replace the negative links in the chain?
8. **Positive Outcome**: If I replace the negative links in the chain with positive skills, how will this influence the outcome or long-term affect?

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What is the target behaviour that you want to change?

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| Precursors | Trigger | Chain ↓ | Label | New Skills ↓ |
|---|---|---|---|---|
| Unhelpful | | | | |
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| What can I change | | | | |
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| | **Consequence** | | **Positive Outcome** |
| | | **Or** | | |