

# CHAIN ANALYSIS

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## 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

- 1 Identify areas of current vulnerability  
(*environmental stress, physical illness, injury, pain, fatigue, hunger, drug use, emotions*).
- 2 Identify prompting event/trigger.
- 3 Identify response: **P** - *Physical*; **T** - *Thoughts*; **E** - *Emotions*; **A** - *Actions*; **B** - *Beliefs*.
- 4 Identify outcome/consequences.
- 5 Identify possible points of change.
- 6 Identify ways to help and prevent response next time.
- 7 Identify skills to be further developed.

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