



[Tools For DBT](#)

**Behavior Chain Analysis** is a DBT skill that helps you break down a challenging behavior, step by step, so you can see what led up to it and what happened afterward. By exploring the links in your behavior chain, you can identify triggers, patterns, and vulnerable moments, as well as discover new ways to cope and respond more skillfully in the future.

This worksheet will guide you through the process, helping you build greater self-awareness and create opportunities for growth and healing.

## 1. Problem Behaviour

Clearly define the specific behavior you want to analyze.

Example: "Shouting at my partner during an argument."

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## 2. Vulnerability Factors

List internal/external factors that made you emotionally/physically vulnerable.

Example: "I hadn't eaten all day and was stressed about work."

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## 3. Triggering Event & Chain of Events

Instructions: Describe the immediate trigger (who, what, when, where).

Example: "My partner criticized how I loaded the dishwasher."



## 4. Consequences

List immediate/delayed consequences for yourself and others.

Example: Immediate: Partner felt hurt; I felt guilty. Delayed: "Shouting at my partner during a fight."

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## 5. Target Behaviour

Brainstorm alternative actions.

Example: "Take a mindful breath and say, 'I need a moment to calm down.'"

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## 6. Strategies and DBT Skills To Use

Example: "Eat regular meals to stabilize mood; practice 'Opposite Action' for communication."

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