

TARGET BEHAVIORS

Target behaviors are actions you want to decrease or increase in your life. You want to increase beneficial behaviors and decrease harmful ones. Triggers are what lead to using Target Behaviors.

DBT Treatment Hierarchy (*Adaptive Functioning*)

Creating A Life Worth Living



Increasing Behavioral Skills



Decreasing Quality-of-Life Interfering Behaviors



Decreasing Therapy-Interfering Behaviors



Decreasing Life-Threatening Behaviors

My Target Behaviors

Triggers

INSTRUCTIONS FOR CHAIN ANALYSIS WORKSHEET

1. Describe the specific **PROBLEM BEHAVIOR** – e.g., throwing a chair, cutting, hearing voices, dissociating, not coming to a therapy appointment, etc. (Behaviors targeted in the treatment plan or diary card.)
 - A. Be very specific and detailed. No vague terms.
 - B. Identify precisely what you did, said, thought, or felt (if feelings are the targeted problem behavior).
 - C. Describe the intensity of the behavior and other characteristics of the behavior that are important.
 - D. Describe problem behavior in enough detail that an actor in a play or movie could recreate the behavior exactly.

2. Describe the specific **PROMPTING EVENT** that started the whole chain of behavior. Start with the environmental event that started the chain. A prompting event is an event outside the person that triggers the chain of events leading to the problem behavior. Always start with some event in your environment, even if it doesn't seem to you that the environmental event "caused" the problem behavior. Possible questions to get at this are:
 - A. What exact event precipitated the start of the chain reaction?
 - B. When did the sequence of events that led to the problem behavior begin? When did the problem start?
 - C. What was going on the moment the problem started?
 - D. What were you doing, thinking, feeling, and imagining at that time?
 - E. Why did the problem behavior happen that day instead of the day before?

3. Describe in general what things (both in yourself and the environment) made you **VULNERABLE** to the prompting event. What factors or events made you more vulnerable to a problematic chain? What gave the prompting event such power? Areas to examine are:
 - A. Physical illness; unbalanced eating or sleeping; injury
 - B. Use of drugs or alcohol; misuse of prescription drugs
 - C. Stressful events in the environment (either positive or negative)
 - D. Intense emotions, such as sadness, anger, fear, loneliness
 - E. Previous behaviors of your own that you found stressful

4. Describe in excruciating detail **THE LINKS IN THE CHAIN OF EVENTS** that hooked the prompting event to the problem behavior.

A. Links in the chain can be:

- Actions or things you do
- Body sensations or feelings; Cognitions, e.g., beliefs, expectations, or thoughts; - (the dash is here for D)
- Events in the environment or things others do
- Feelings and emotions that you experience

B. Imagine that your problem behavior is chained to the prompting event in the environment. How long is the chain? Where does it go? What are the links? Write out all links in the chain of events, no matter how small. Be very specific, as if you are writing a script for a play.

- 1. What exact thought (or belief), feeling, or action followed the precipitating event? What thought, feeling, or action followed that? What next? What next? Etc.
- 2. Look at each link in the chain after you write it. Was there another thought, feeling, or action that could have occurred? Could someone else have thought, felt, or acted differently at that point? If so, explain how that specific thought, feeling, or action came to be.
- 3. For each link in the chain, ask if there is a smaller link you could describe.

5. What are the **CONSEQUENCES** of this behavior? Be specific. Examine both immediate (in just seconds) and delayed or longer-term effects. Figure out the reinforcers for the behavior.

A. How did other people react immediately and later?

B. How did you feel immediately following the behavior? Later?

C. What effect did the behavior have on you and your environment immediately and later?

6. Describe in detail different more skillful **SOLUTIONS** to the problem.

A. Go back to the chain of your behaviors following the prompting event.? Circle each point or link (or fill in the link with your pencil) where you would have avoided the problem behavior if you had done something different.

B. What could you have done differently at each link in the chain of events to avoid the problem behavior? What coping behaviors or skillful behaviors could you have used?

7. Describe in detail **PREVENTION STRATEGY** for how you could have kept the chain from starting by reducing your vulnerability to the chain.

8. Describe a plan for **SOLVING** the prompting event (if it were to happen again) or keeping it from happening again.

9. Think through the **HARMFUL** consequences of your behavior. Figure out what is harmed to determine what you need to repair or correct. Look at yourself, at your environment, and at people in your environment to see if there are any harmful consequences.

10. Describe what you will do to **REPAIR** significant consequences of the problem behavior? Describe what you will do to **CORRECT** the harm that resulted from your problem behavior. Describe how you will make things just a little bit better than before, that is, how you will **OVERCORRECT** the harm.

11. In this space, you can write whatever reflects your **DEEPEST THOUGHTS AND FEELINGS** about this episode. Just start writing and continue for five minutes or so without stopping. If the topic gets upsetting to you, shift topics and keep writing. Or, you can write out any comments about the analysis.