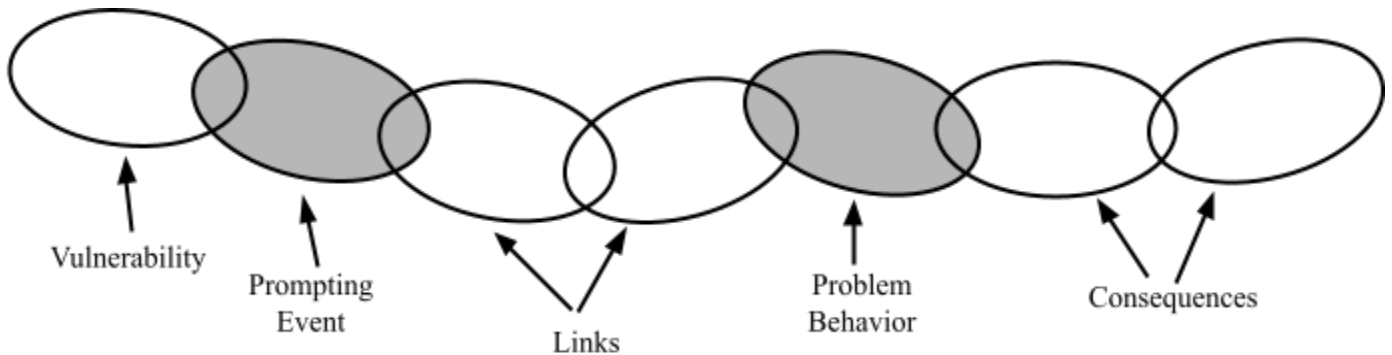


Pivot Behavioral Health Chain Analysis

Instructions: A chain analysis is a process for understanding how your **problem behavior** developed and identifying opportunities for change. It begins by clearly defining the target behavior in specific, observable detail, followed by identifying the **prompting event**—the trigger that initiated the sequence. Next, it examines **vulnerability factors**, such as poor sleep, illness, substance use, stress, or strong emotions that increase susceptibility to the trigger. The analysis then traces each **link** in the chain, including thoughts, feelings, sensations you had, actions you performed, or circumstances that changed in the precise order they occurred, with enough detail to reconstruct the sequence step by step. Finally, the analysis explores the immediate and long-term **consequences** of the behavior, including how others responded, how you felt, and what reinforcing outcomes may have maintained the behavior. These outcomes could be considered “negative”—such as creating more hardship or “positive”—such as getting out of a difficult situation or feeling.

Date: _____



Problem Behavior

What exactly is the major problem behavior that I am analyzing?

Prompting Event

What prompting event in the environment started me on the chain to my problem behavior?

Vulnerabilities

What things in myself and my environment made me more likely to behave in this way?

See next page for more questions

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Links

Describe in excruciating detail the links in the change of events that hooked the prompting event to the problem behavior. Possible types of links include: actions, body sensations, cognitions/thoughts, events, and feelings.

1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	

Consequences

What were the outcomes of the problem behavior immediately following the behavior and some time after the behavior occurred?

What exactly were the major consequences in the environment?

Immediate:

Long-term:

What exactly were the major consequences in myself?

Immediate:

Long-term:
