Behavior Chain Map

Map one episode from start to finish. Facts first, then thoughts, feelings, body and actions.

Name: _____ Date: _____

1. Vulnerability factors (what made today harder?)

Poor sleep | Skipped meals | Sick / pain | Alcohol / drugs

Lonely | Conflict already on | Other stress

Notes: _____

2. Prompting event (the specific moment that started this chain)

What happened (facts only: who, what, when, where): _____

3. Links (in order from the prompt to the behavior)

Thoughts / interpretations	Emotions (0 to 10)	Body sensations	Actions / urges
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.

4. Problem behavior (one clear sentence)

5a. Short term consequences

5b. Long term consequences

Original layout by Lotus & Tulip, inspired by DBT behavior chain analysis. A practice tool, not a substitute for care.

Missing Links and Solution Analysis

Where did a skillful move fail to show up? What will you try at that exact point next time?

Name: _____ Date: _____

Missing links checklist (circle any that fit)

- ☐ Did not notice vulnerability early
- ☐ Did not check the facts on my thoughts
- ☐ Did not leave or change the situation
- ☐ Did not use Wise Mind before acting
- ☐ Did not pause after the prompt (no STOP)
- ☐ Did not use a distress skill when arousal rose
- ☐ Did not ask for help or text a support person
- ☐ Did not repair a smaller misstep, so it grew

Solution analysis: pick 3 points on the chain

A — Vulnerability or prompt

What I will do differently before or right after the prompt: _____

_____

I will know it worked if: _____

B — A middle link (thought, feeling, body, or urge)

Skill I will use at this link: _____

_____

I will know it worked if: _____

C — Just before the problem behavior

My STOP or exit plan: _____

_____

I will know it worked if: _____

Repair plan (concrete, kind, not self punishment)

What harm can still be cleaned up, and how: _____

_____

Who I will tell or apologize to (if needed): _____

One kind thing I will do for my body today: _____

A value this repair protects: _____

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Practice Chain Log

Log target behaviors or near misses. Short rows keep practice going between sessions.

Name: _____ **Date:** _____

Day	Prompt (short)	Key link	Behavior / near miss	Skill next time
____	**Vulnerabilities:**	**Thought / feeling / body:** Urge 0 to 10: ___		
____	**Vulnerabilities:**	**Thought / feeling / body:** Urge 0 to 10: ___		
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____	**Vulnerabilities:**	**Thought / feeling / body:** Urge 0 to 10: ___		
____	**Vulnerabilities:**	**Thought / feeling / body:** Urge 0 to 10: ___		

Safety: if you or someone else might act on thoughts of suicide or self harm, in the US call or text 988 any time, or text HOME to 741741. If someone is in immediate danger, call 911. A chain analysis is for learning after you are safe enough to think. It is not a crisis plan and not a substitute for care.

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DBT Worksheets for Therapists

Fillable PDF: type into the chain analysis, plus weekly diary card, pros and cons, crisis survival plan and 0 to 10 scales (20 pages)

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4606252502 | instant digital download

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