



Behavior Chain Analysis

1. **Problem Behavior** (*what did you do or not do?*)
2. **Prompting Event** (*how did this all start?*)
3. **Vulnerability Factors** (*what was your physical and mental state?*)
4. **Chain of Events** (*what happened?*)
5. **Consequences** (*what were all of the outcomes?*)
6. **Potential for Skill Usage** (*where could you have helped yourself?*)
7. **Prevention Strategy** (*what can you do in the future?*)
8. **Repair** (*how can you mend things with yourself and others?*)