

CLIENT NAME: _____ DATE: _____ SESSION: _____



This tool helps you identify the links in the chain of events that lead to a behavior. You can't always change the trigger, but you can change what happens next.

1



SITUATION

Where were you?
What was happening?

Describe the situation.

2



TRIGGER

What happened right before you were upset or triggered?

What was the trigger?

3



THOUGHT

What went through your mind?

What thoughts or images showed up?

4



EMOTION

What emotion did you feel?

Name the emotion(s) and rate intensity (0-100%).

Intensity (0-100%)



5



BODY SENSATIONS

What did you notice in your body?

Describe the sensations.

6



BEHAVIOR

What did you do?
How did you respond?

What emotion did you feel?

7



SHORT-TERM CONSEQUENCE

What happened as a result (immediate)?

What were the short-term results?

8



LONG-TERM CONSEQUENCE

What impact did this have later on?

What were the long-term results?

9



ALTERNATIVE RESPONSE

What could you do differently next time?



MEMBER RESOURCE

Unlock this resource and 40+ evidence-informed interventions with membership.



REFLECTION

- What links in the chain feel most important to focus on? _____
- Where could you make a change next time? _____
- What support or skills might help? _____



TAKAWAY

One insight I'm taking from this chain: