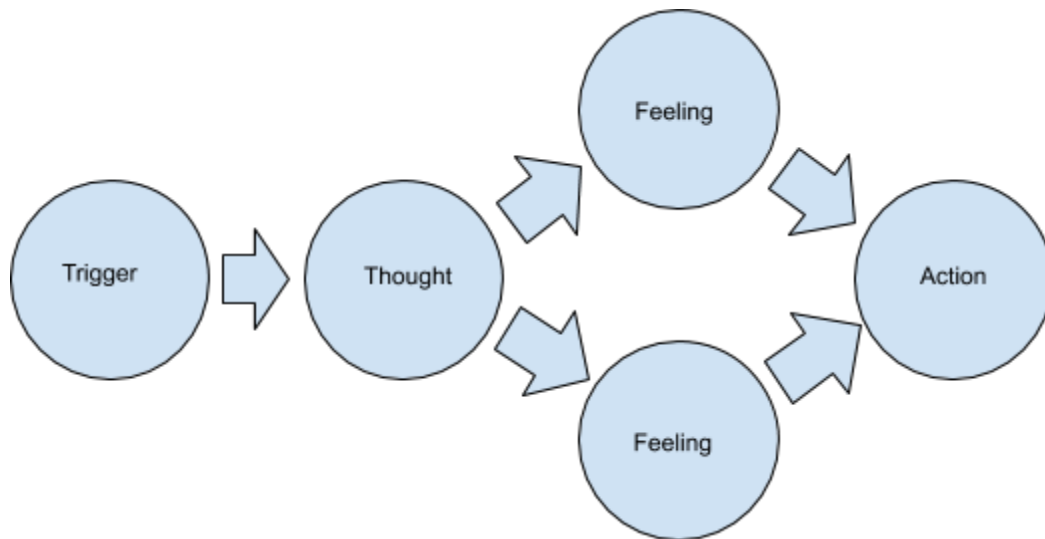




Behavior Chain Analysis

Instructions: Use the model below to identify your most significant daily triggers, and the thoughts and feelings they produce. Finally, identify how you responded to the trigger. What actions or key decisions did you make in your life as a result of the thoughts and feelings experienced?



Journal Date:

Time:

Trigger:

Thoughts:

Feeling:

Action: