

Behavior Chain Analysis

Target Behavior: I sat at the kitchen table and ate some comfort food at 9:00 pm

Vulnerability Factors	<ul style="list-style-type: none"> ● Two days in a row spending many hours with my mother ● I had 8 clients that day ● My husband kept coming to talk to me in between my sessions, when I usually write my progress notes and clear my head before my next session ● I hadn't slept well the night before
Prompting Event	<p>I finished work at 9:00 and walked into the family room to watch TV. My daughter and her girlfriend were there watching TV.</p>
Thoughts	<ul style="list-style-type: none"> ● I was looking forward to relaxing and watching TV. Now where do I go? ● I can go into the kitchen and sit at the table and read the newspaper ● The food I want to eat doesn't have any sugar in it, so it's ok
Feelings	<ul style="list-style-type: none"> ● Exhausted ● Fidgety, Restless
Actions	<ul style="list-style-type: none"> ● Grabbed the comfort food and ate it as I read the newspaper
Short-Term Consequences	<ul style="list-style-type: none"> ● Felt comforted, content, comfortable
Long-Term Consequences	<ul style="list-style-type: none"> ● Felt guilty, worried that this might be a slippery slope, gained a pound
Lessons Learned	<ul style="list-style-type: none"> ● I have to talk to my husband about my need for quiet and uninterrupted time to get my notes done between sessions ● I have to ban the comfort food from my home ● If I can't relax in front of the TV, I can listen to my audiobook in a comfortable chair in the living room

Behavior Chain Analysis

Target Behavior:

Vulnerability Factors	Did anything make me more likely to engage in the problem behavior? Was I sick, tired, hungry, lonely, upset?
Prompting Event	What event preceded triggered the problem behavior?
Thoughts	What were all of the thoughts that occurred between the prompting event and the problem behavior?
Feelings	What were all of the emotions and physical sensations that occurred between the prompting event and the problem behavior?
Actions	What are all of the actions you took between the prompting event and the problem behavior?
Short-Term Consequences	Right after the problem behavior, how did you feel and what happened?
Long-Term Consequences	How did the problem behavior impact how you felt and what happened in the long term?
Lessons Learned	What can you try that's different next time (prevent vulnerability, change thoughts and feelings, change actions).

