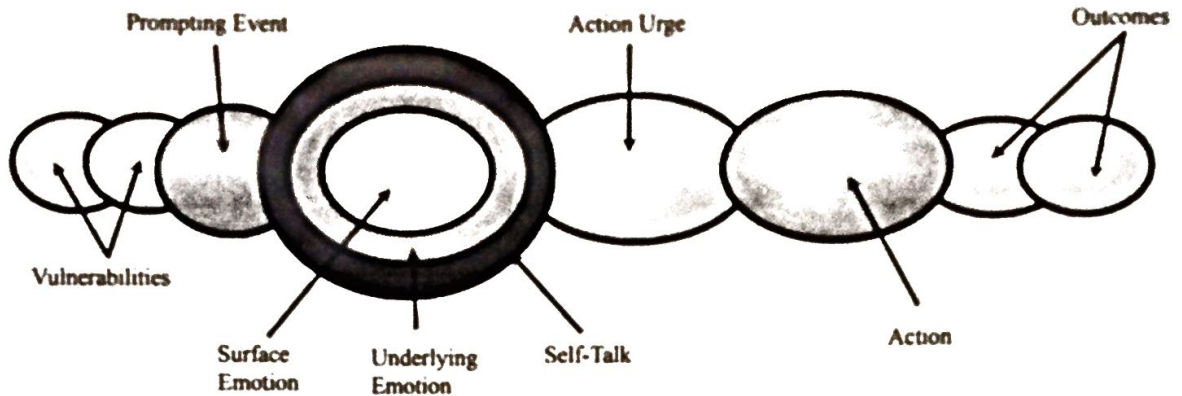


Visual Behavior Change Analysis Directions



DIRECTIONS: The more you understand about behaviors you want to change, the more you can be effective in the use of your skills to meet that goal! Start anywhere on the change (chain) analysis and work forward and/or backward to figure out each link, then identify other skills or choices you could make with your new awareness. Remember to be **NONJUDGMENTAL** with yourself, the situation, and others. The following explains each identified link, but remember that you can add as many links as you need to understand your process and that **EVERY LINK PRESENTS AN OPPORTUNITY FOR CHANGE!** Also, look for skills that you might have already been using but had not noticed or for which you need more practice. Chances are you have been using skills!

Vulnerabilities: What made you vulnerable to the prompting event (and what unfolded after it)? Examples might include not doing self-care, having a tough day, getting into a conflict, or other stressors. Be as specific as possible.

Prompting Event: What happened? Describe in nonjudgmental, descriptive words.

Surface Emotion: What feeling(s) occurred after the prompting event that was/were most easily noticed?

Underlying Emotion: Was there a feeling or feelings further below the surface? Examples might include feeling hurt or embarrassed under anger or feeling guilty under depression.

Self-Talk: What automatic thoughts or beliefs were happening that fed your emotions and the following action urge?

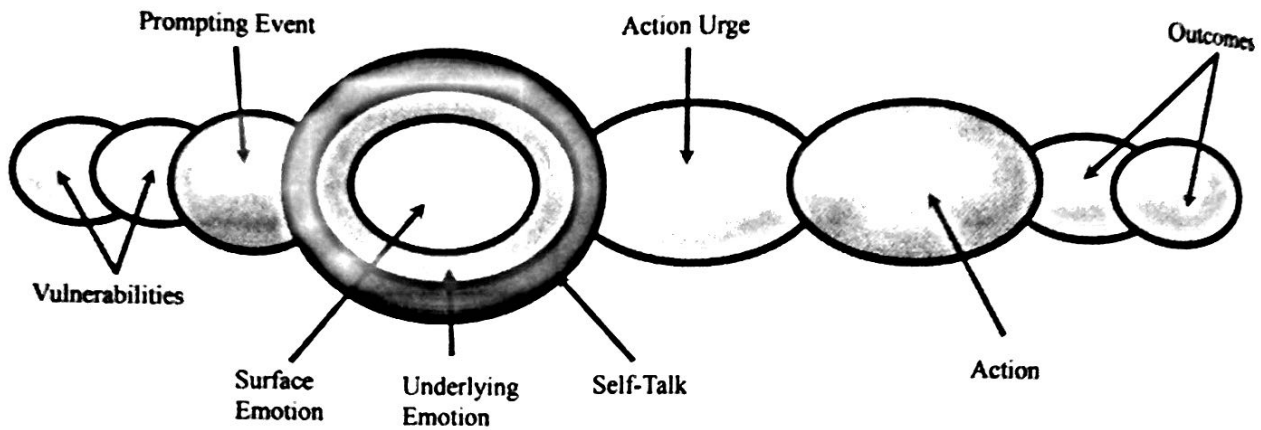
Action Urge: What did the feelings pull you to do? This link is a critical moment of choice in changing a behavior.

Action: This is the behavior you might want to change. However, remember that using skills at earlier links might effectively change your action/behavior.

Outcomes: What happened after the behavior you want to change? What did you gain and/or lose, in both the short term and the long term? Did the outcomes cause a new vulnerability or stressor and/or cycle back to the beginning again?

SOLUTIONS: At each step, brainstorm skills or choices that could create behavior change and more effective outcomes.

Visual Behavior Change Analysis Form



Describe your vulnerabilities:

Describe the prompting event (what set off the action?):

Describe your emotion on the surface (the one mostly easily noticed):

Describe any underlying emotions (the ones hidden underneath):

Describe your self-talk:

Describe the action urge:

Describe the action:

Describe the outcomes:

NOW GO BACK AND FILL IN SKILLS TO USE NEXT TIME AT EACH STEP