**Behavioral Chain Analysis Template**

My target behavior is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Vulnerabilities |

Prompting Event (PE) (Each box represents a link (chain) in the cycle of thoughts, feelings, behaviors, urges, sensations)

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| **Consequences**Environmental:To Myself: |

**Behavioral Chain Analysis Sample Template**

My target behavior is\_binge eating\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Vulnerabilities1. Tired
2. No healthy food in the house
3. Lack of preparation
4. Self-pity
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Prompting Event (PE) (Each box represents a link (chain) in the cycle of thoughts, feelings, behaviors, urges, sensations)

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| **Consequences**Environmental: More irritable towards others, turn down invites, accomplish very littleTo Myself: Lowered my self-esteem, feel disempowered, and engage in self-pity |