**Behavioral Chain Analysis Template**

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

|  |
| --- |
| Vulnerabilities |

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

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

**Behavioral Chain Analysis Sample Template**

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

|  |
| --- |
| Vulnerabilities   1. Tired 2. No healthy food in the house 3. Lack of preparation 4. Self-pity |

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

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