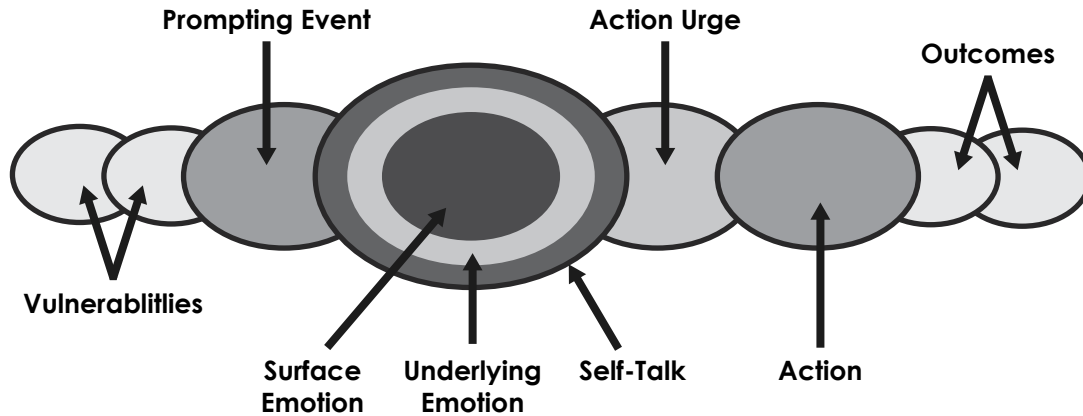


# Visual Behavior Change Analysis Directions

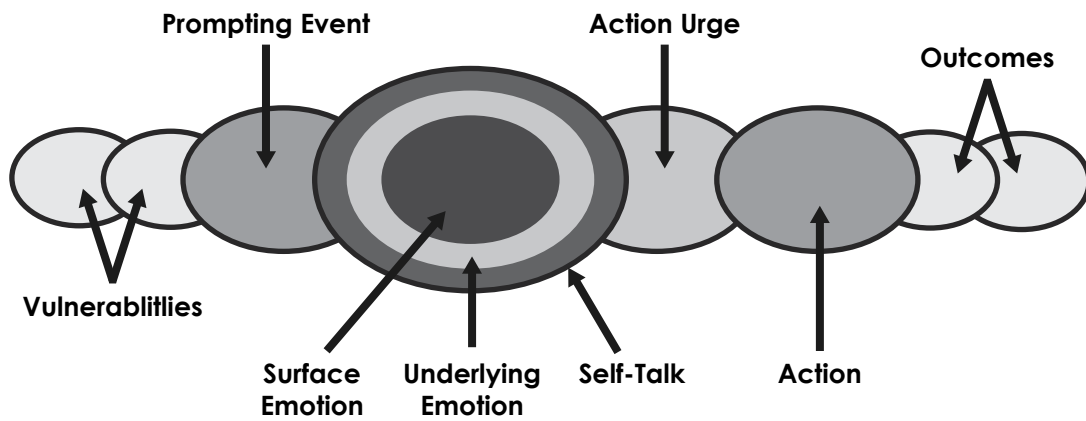


**DIRECTIONS:** The more you understand about behaviors you want to change, the more you can be effective in the use of your skills to meet that goal! Start anywhere on the change (chain) analysis and work forward and/or backward to figure out each link, then identify other skills or choices you could 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 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. Also plan for how you can deal skillfully with the outcomes you are experiencing, including how you may need to make amends with others.

# Visual Behavior Change Analysis Form

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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:

## **SOLUTIONS:**

Fill in alternative skills and choices that would be more effective at each step. Consider how these alternatives would have altered the outcomes for you and for other people.

Describe how you will use skills effectively to deal with the outcomes that exist:

Describe who else was affected by your choice(s):

Describe how you will make amends with these people (if appropriate):