

Behavior Chain

SITUATION

Name: _____

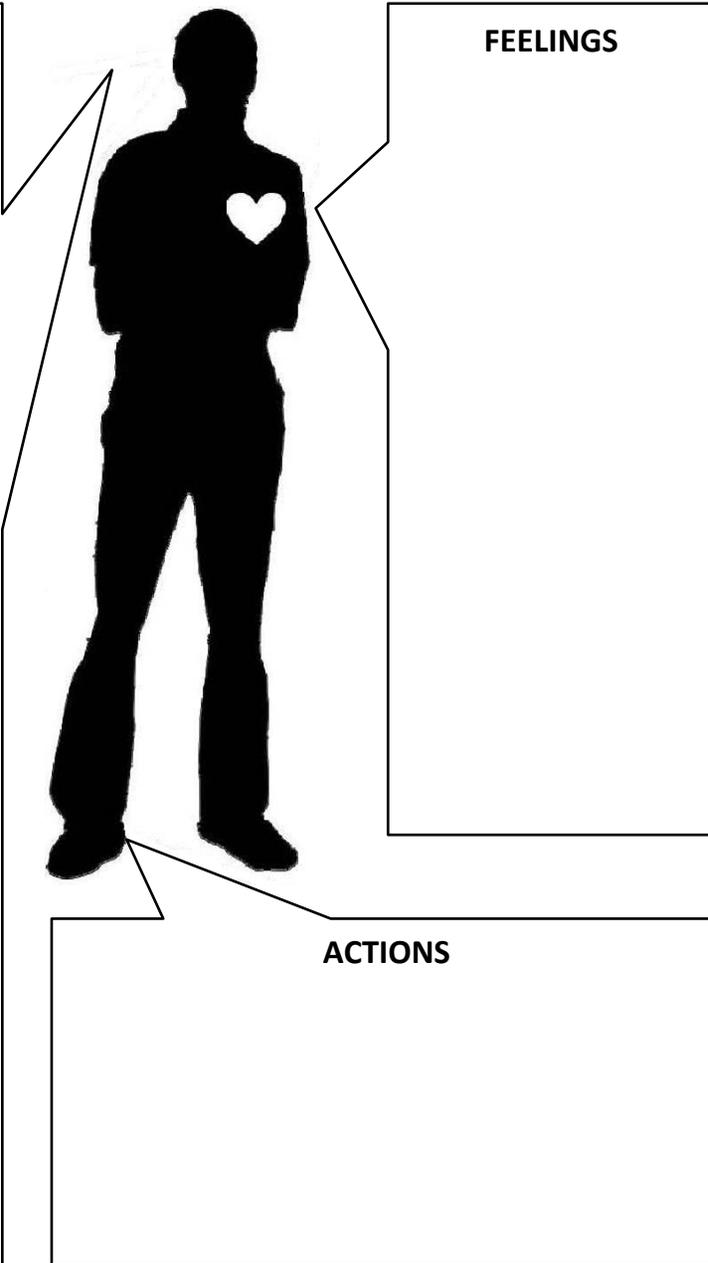
Date: _____

CONSEQUENCES

Blank box for SITUATION.

THOUGHTS

Blank box for THOUGHTS.



FEELINGS

Blank box for FEELINGS.

ACTIONS

Blank box for ACTIONS.

+

-

Blank box for CONSEQUENCES, containing a plus sign and a minus sign.