

# Behavior Chain

**SITUATION**

Name: \_\_\_\_\_

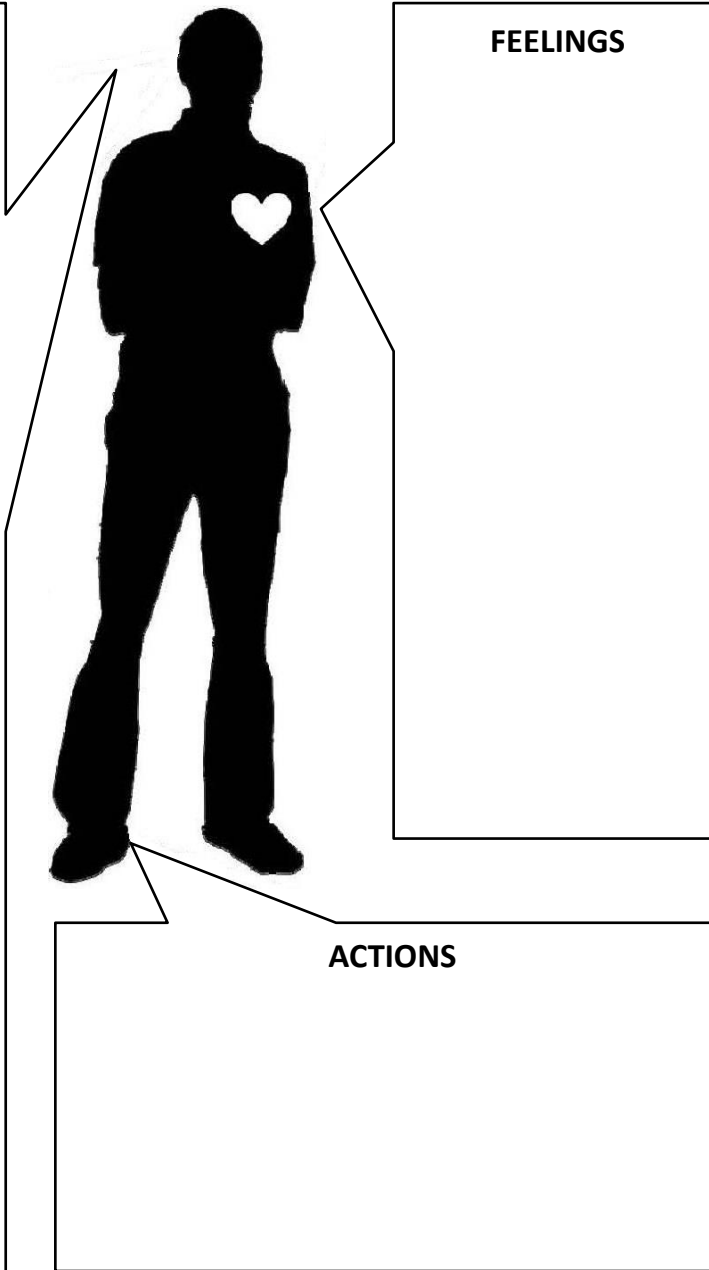
Date: \_\_\_\_\_

**CONSEQUENCES**

Blank area for recording the SITUATION.

**THOUGHTS**

Blank area for recording THOUGHTS.



**FEELINGS**

**ACTIONS**

Blank area for recording FEELINGS and ACTIONS.

**+**

**-**

Blank area for recording CONSEQUENCES, marked with a plus sign for positive and a minus sign for negative.