

Behavior Chain

SITUATION

Name: _____

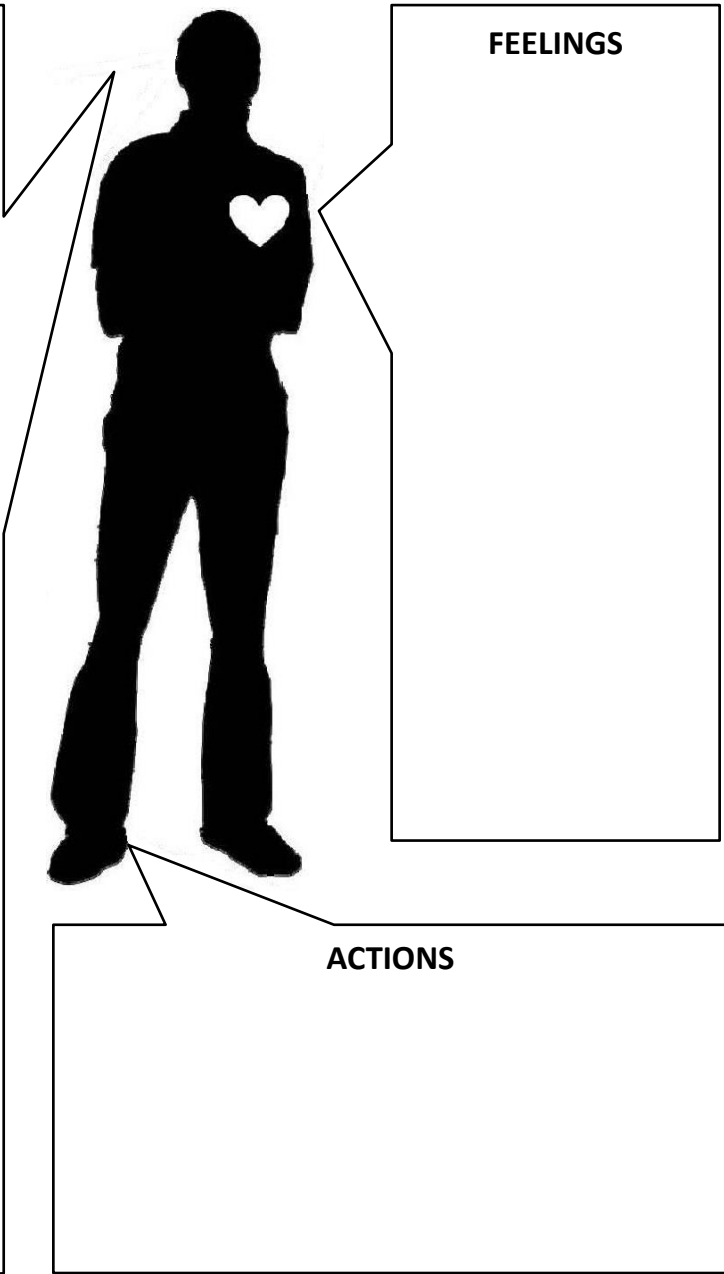
Date: _____

CONSEQUENCES

Blank area for writing the SITUATION.

THOUGHTS

Blank area for writing THOUGHTS.



FEELINGS

Blank area for writing FEELINGS.

ACTIONS

Blank area for writing ACTIONS.

+

-

Blank area for writing CONSEQUENCES, with a plus sign at the top and a minus sign in the middle.