

Chain analysis

Walk backwards through one incident, link by link, and find where the exits were.

Do this within a day or two while the detail is still there. The useful part is not why it happened — it is the two or three points where a different move was physically available.

WHAT HAPPENED — THE BEHAVIOUR YOU ARE LOOKING AT

THAT DAY, BEFORE IT STARTED — WHAT MADE YOU MORE VULNERABLE

Sleep, food, illness, alcohol, an argument the day before, a date on the calendar.

THE PROMPTING EVENT — WHAT SET IT OFF

THE LINKS, IN ORDER

Thoughts, feelings, sensations, actions. Smaller steps than feels natural.

WHAT HAPPENED AFTERWARDS — IMMEDIATELY, AND THEN OVER THE NEXT DAYS

This is where the reinforcement becomes visible. What did the behaviour actually do for you?

TWO LINKS WHERE SOMETHING ELSE WAS POSSIBLE, AND WHAT
