

Causal analysis is a process for identifying and addressing the causes and effects of a challenge or problem. Instead of addressing the symptoms of a problem, causal analysis helps identify the root causes so those symptoms become less impactful. Performing a causal analysis can help you create better habits and experience greater success with personal and professional goals. In this article, we discuss the types of causal analysis, explain how to perform an analysis and outline some tips for performing an effective analysis.

### How to perform causal analysis

While there are many kinds of causal analysis, performing a basic causal analysis is a good way to start addressing the causes of challenges or undesired outcomes. Here is how to perform a basic causal analysis for any challenge:

1. Define the key challenge or setback

The first step is to define or identify the key challenge or setback you're facing. For example, if you're struggling to get to work on time, that might be your key challenge. Using the key challenge, you can build information blocks that identify causes and outcomes.

2. Determine the causes and effects of the key challenge

Once you determine the key challenge you're facing, you can explore the causes of that challenge or setback. If you're struggling to get to work on time, list five things you do every morning that might contribute to being late. This can help you understand what's causing your tardiness instead of focusing on being late.

3. Use a diagram or graph to organize information

Using any of the methods listed above, you can organize your information to create a visual aid. Visual aids can help you connect ideas and organize information better. A causal analysis looks for relationships between causes and effects, so look closely at each cause and identify the relationships between them. You might notice a trend among your key challenges or causes.

4. Formulate a response to the primary causes of your challenge

Once you determine the underlying causes of your challenges and establish trend lines between similar causes, you can identify the primary causes, or vital few, of your challenge. Using this information, you can formulate a response to those causes to address the root of the challenge instead of its symptoms.

5. Review your process and address new causes and effects

After you plan and enact a response to each primary cause, you can go back and review your process for any new challenges that might arise or to create new, more effective solutions. Sometimes, solutions have setbacks of their own, so you might have to analyze them again and reimplement them with better parameters. This also helps you establish a baseline for what methods work for you when solving problems.

#### Tips for performing a causal analysis

Performing an effective causal analysis can help you address key challenges in your personal or professional life, but there are a few things to keep in mind during the process. Here are some tips on performing a causal analysis:

Be honest with yourself. Often, a causal analysis requires you to look at personal behaviors or actions. Be honest with yourself about your actions and habits to formulate the most effective response plan to overcome challenges and reach your goals.

Use a visual diagram. Using a visual diagram, such as a cause and effect graph, can help you effectively connect ideas and identify relationships between causes, effects or key challenges.

Collect data frequently. Performing frequent analyses with new data can help establish a baseline of behavior and action and help you identify positive habits that aid you in your goals. You can reinforce these habits to avoid further challenges in the future.

Exposition involve explaining some element of the human experience. It can involve presenting facts, opinions, theories or arguments. Exposition is useful for many forms of business writing, including memos, reports and articles. In all forms of expository business writing, the writer should consider what to write about, what information to include and how to present that information.

There are four common ways to arrange your material:

Time order: Arrange the material in chronological order.

Space order: Begin with a specific point and move toward or away from it.

Necessary facts order: Lead the reader through the facts that you want them to know.

Emphasis order: Lead up to the most important facts for greatest impact.

That your reader clearly understands your points:

Anticipate the audience: Think about the questions your reader will ask along the way, and then write answers that are clear and complete. Think about issues that readers might not completely understand.

**Use examples and comparisons:** Provide greater clarity on your subjects using real-life examples and comparisons to issues that are more common and understandable.

**Use diagrams, pictures and charts:** Diagrams are effective for visual learners, and can demonstrate your point more clearly than words. Visuals can support your words and make them more effective.

**Use clear language:** Describe technical terms with everyday language where possible.

**Write concisely:** Write directly about your subject, instead of trying to write an essay about that topic. Be brief and clear wherever possible

Technical narration, or storytelling, can be used to improve technical writing by making it more relatable and understandable. Here are some tips for using narrative techniques in technical writing:

**Use a friendly voice:** Use a professional, respectful, and friendly voice to build rapport with the reader.

**Use clear language:** Use concise, clear, and consistent words and phrases.

**Use active sentences:** Use active, imperative, and direct sentences to convey information and instructions.

**Use visuals:** Use images, charts, diagrams, and other graphics to illustrate and complement the text.

**Use third person narration:** Third person narration is often the best choice for technical documents and academic journals.

**Make it relatable:** Make the narrative relatable and include emotions.

**Structure the text:** Structure the text and connect sentences and paragraphs.

**Experiment with media:** Consider experimenting with media such as comics, animation, podcasts, or YouTube.