

Behavior Analysis Worksheet

1. Problematic emotion: _____
2. Precipitating event (what happened before the emotion)
 - External event: Did something happen over which you have no control (like losing a job, getting sick, hearing disturbing news, and so on)?

 - Thoughts: What thoughts, prior to the emotion, might have triggered or intensified your reaction?

 - Emotion: Was there a prior or different emotion that triggered your reaction?

 - Behavior: Was something you or someone else did a trigger for your reaction?

3. Secondary events: Identify what happened immediately after the precipitating event (but before the problematic emotion). Break it down into a series of steps (a, b, c).
 - a. Thoughts: _____
Emotion: _____
Behavior: _____

 - b. Thoughts: _____
Emotion: _____
Behavior: _____

 - c. Thoughts: _____
Emotion: _____
Behavior: _____
