

Use this worksheet to map out the full chain leading up to a problem behavior and plan better responses next time. Fill one row per situation.

1. Problem Behavior	2. Chain of Events (Vulnerabilities → Trigger → Links)	3. Consequences (Short & Long-Term)	4. Missing Skills (What Could've Helped?)	5. Plan for Next Time
Example: Yelled at my partner	Vulnerabilities: Slept only 4 hours, skipped lunch. Trigger: Partner asked why I hadn't done the dishes; I felt criticized. Links: Tight chest → Thought "They think I'm lazy" → Heart racing → Urge to defend myself → Raised voice → Slammed door.	Short-term: Felt relief letting anger out. Long-term: Partner avoided me, tension grew, felt guilty and disconnected.	STOP to pause before reacting. TIPP to lower emotional intensity. Wise Mind to ground myself.	Next time, if I'm sleep-deprived and feel criticized, I'll pause, take 3 breaths, and say calmly: "I'm tired right now, can we talk about this later?"

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