Key for Chain Analysis and Solution Analysis for Patient Vignette

Components of a Chain Analysis (Left Side of Page)

Vulnerability Factors

Vulnerability factors are any individual or environmental factors that increase the risk of the patient engaging in a problem behavior. This can include factors like recent stressful events, intense emotions, physical illness, substance use, unbalanced sleeping or eating, medication noncompliance, and so forth.

Precipitating Event

The precipitating event is a specific external or internal event that started the chain of events leading to the patient engaging in the problem behavior. Questions I might have asked to identify the precipitating event in this circumstance include, "When did the thought of restricting first enter your mind?" or "When did you first notice that you had an urge to restrict?"

Links in the Chain (Explanation of the Letters and Numbers)

Links in the chain are all the relevant things that occurred prior to the patient engaging in the problem behavior. "A" stands for actions the patient took, "B" stands for body sensations the patient experienced, "C" stands for cognitions (thoughts) the patient had, "E" stands for environmental events that occurred, and "F" stands for feelings (emotions) the patient experienced. Where numbers are present (e.g. 4/5), this indicates the intensity of the emotion the patient was experiencing in this chain, although you can also track the intensity of things aside from emotions (e.g. intensity of an urge to engage in a problem behavior).

Consequences

The consequences section refers to both the immediate effects of the target behavior, as well as any delayed or long-term effects of the target behavior.

Brief Description of Skills Listed in Solution Analysis (Right Side of the Page)

- *PLEASE (Emotion Regulation Skill):* Take care of your mind by taking care of your body (PLEASE = Treat Physical Illness. Balance Eating. Avoid mood-Altering substances. Balance Sleep. Get Exercise).
- *Cope Ahead (Emotion Regulation Skill):* Planning ahead for difficult situations, and using imagery to imagine being in the situation and coping effectively.
- *Burning Bridges (Distress Tolerance Skill)*: Actively eliminating potential triggers for behaviors.
- *Problem Solving (Emotion Regulation Skill):* Describe the situation. Check the facts. Identify your goal. Brainstorm solutions. Choose and try a solution. Evaluate the results.
- *Check the Facts (Emotion Regulation Skill):* Separating facts from assumptions and judgments, and changing appraisals and assumptions to fit the facts.
- *Wise Mind (Mindfulness Skill):* Mindfully accessing your inner wisdom to approach a situation skillfully.
- *Effectively (Mindfulness Skill):* Doing what is needed or called for, rather than focusing on what is "right" or "fair."
- *DEAR MAN (Interpersonal Effectiveness Skill):* Asking for what you want, saying no, or maintaining a point of view. Describe the situation. Express. Assert wishes. Reinforce. (Stay) Mindful. Appear confident. Negotiate.
- *Self-Validation (Interpersonal Effectiveness Skill)*: Validating yourself exactly the way you would validate someone else.

- *STOP (Distress Tolerance Skill):* Refraining from acting impulsively. Stop. Take a step back. Observe. Proceed mindfully.
- *Pros and Cons (Distress Tolerance Skill):* Weighing the benefits and downsides of a course of action.
- *Paced Breathing (Distress Tolerance Skill).* Slowing the pace of your breathing and breathing from your abdomen.
- *Wise Mind ACCEPTS (Distress Tolerance Skill)*: Strategies for distracting yourself from a distressing situation. Activities. Contributing. Comparisons. Different Emotions. Pushing away. Other Thoughts. Other Sensations.
- *Mindfulness of Current Thoughts (Distress Tolerance Skill)*: Allowing thoughts to come and go, rather than trying to block them or change them.
- *Radical Acceptance (Distress Tolerance Skill)*: Complete and total acceptance, from deep within, of the facts of reality.
- *Dialectical Abstinence (Distress Tolerance Skill)*: Preventing lapses from occurring while simultaneously planning how to manage them if they do occur.