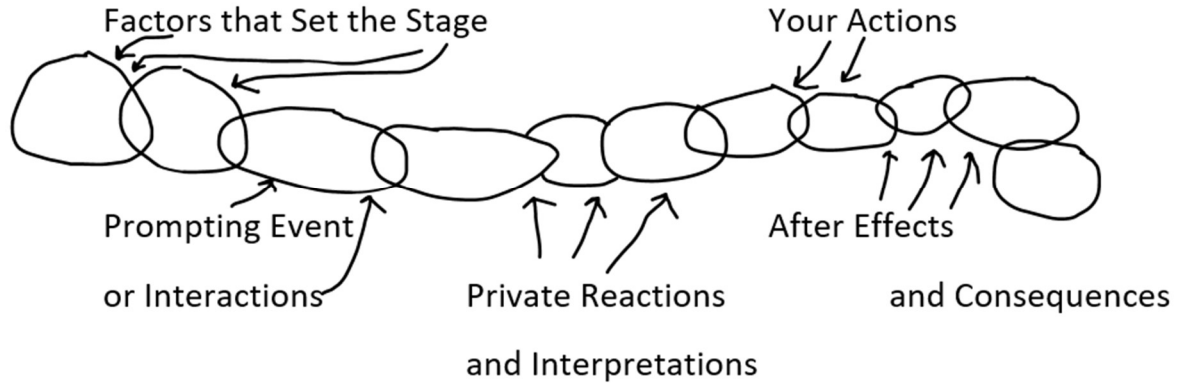


Chain Analysis

Use this worksheet to analyze an interaction or set of events that you wish had gone better.

The Moment to Moment Chain of Events that Can Result in Stress:



List the events as they happened:

Before the event:

What were your vulnerabilities and triggers?

Prompting event:

For example, wrong OR assigned to you, difficult colleague/tech, someone spoke roughly to you

Private reactions:

Your thoughts, like "what a jerk," and your feelings (mad?)

Your actions:

What did you do or say?

Consequences:

After effects of what you said or did (or just your facial expression or body language)

What did you wish had gone differently?

What could help you respond that way next time?