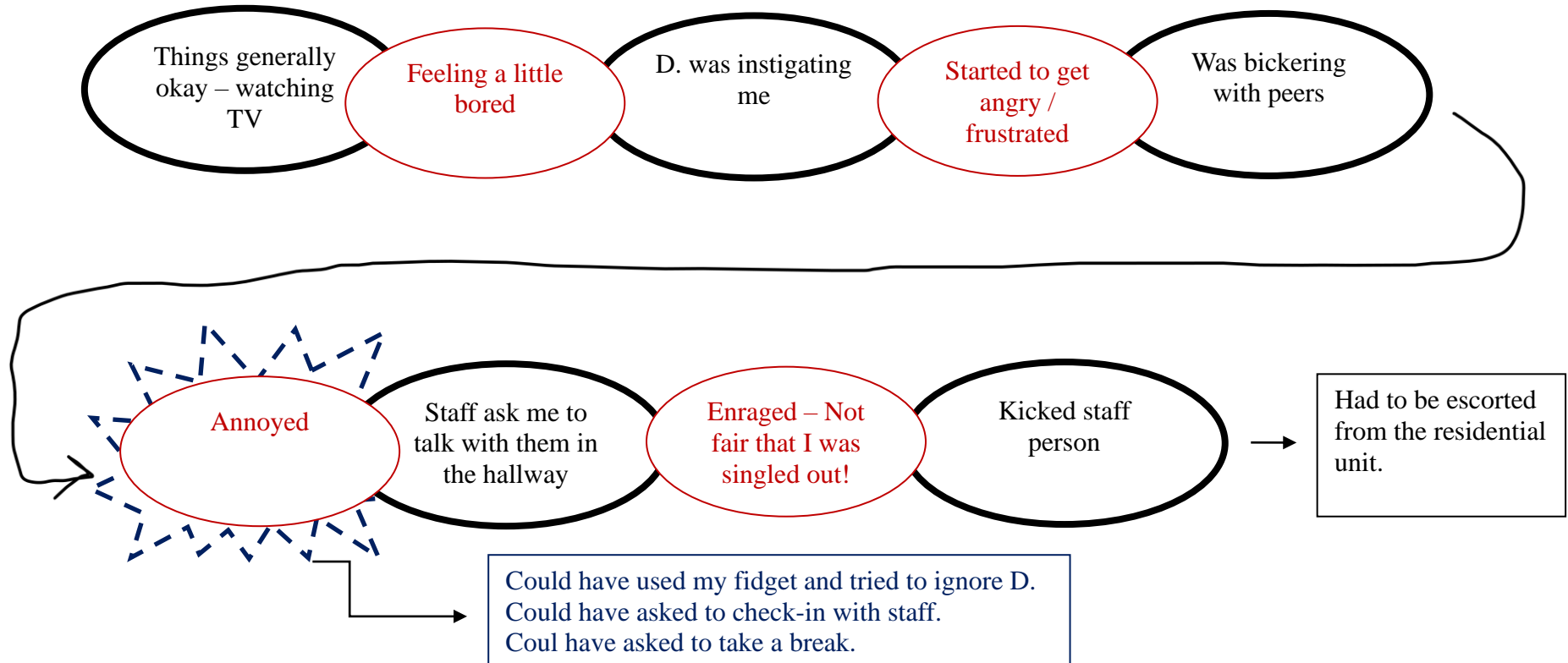


Illustration / Example of the Chaining Technique (in reality typically done by hand in pencil)



Step 1: Backward chaining – starting with the last behavior link in the chain (in this example, “Kicked staff person”) and filling in the preceding behavior links; while leaving room between each behavior link for the next step.

Step 2: Forward chaining – starting just after the earliest behavior link (when things were generally going okay) adding the connecting links that represent feelings, thoughts, or triggers that drove the next behavior link.

Step 3: Choice points – identify the key link (or links) when a different choice could have resulted in a different (more positive) outcome.