1. Prompting Event
   What was it that prompted me to engage in target behavior?

2. Problem Thoughts
   What problematic thoughts came to mind before I engaged in target behavior?

2. Problem Emotions
   What problematic emotions did I feel before engaging in target behavior?

3. Body Sensations
   What physical sensations did I feel in response to these thoughts and emotions?

4. Target Behavior
   What is the target behavior that occurred & do I want to change it? (This block is usually the 1st filled)

5. Short-term Positive Consequences
   What short-term relief did I experience after engaging in target behavior?

6. Long-term Negative Consequences
   What potential consequences exist in the future if I continue to engage in target behavior?

7. Solution to Prevent Target Behavior
   What DBT Skills can I use and how can I apply them to prevent future target behavior?