

Chain of Behavior Analysis

It can be important for a person who has experienced trauma to understand the chain of behaviors. For example, recognizing how our experiences impact our actions and that those behaviors have developed for a reason. These reasons are primarily related to a perceived or real threat and help to keep you physically and emotionally safe; however, there may come a time when those behavior patterns no longer serve you. Recognizing patterns and understanding what motivates them is the first step to change.

