

CHAIN ANALYSIS



REFLECTING:

Thinking back over a feeling or situation

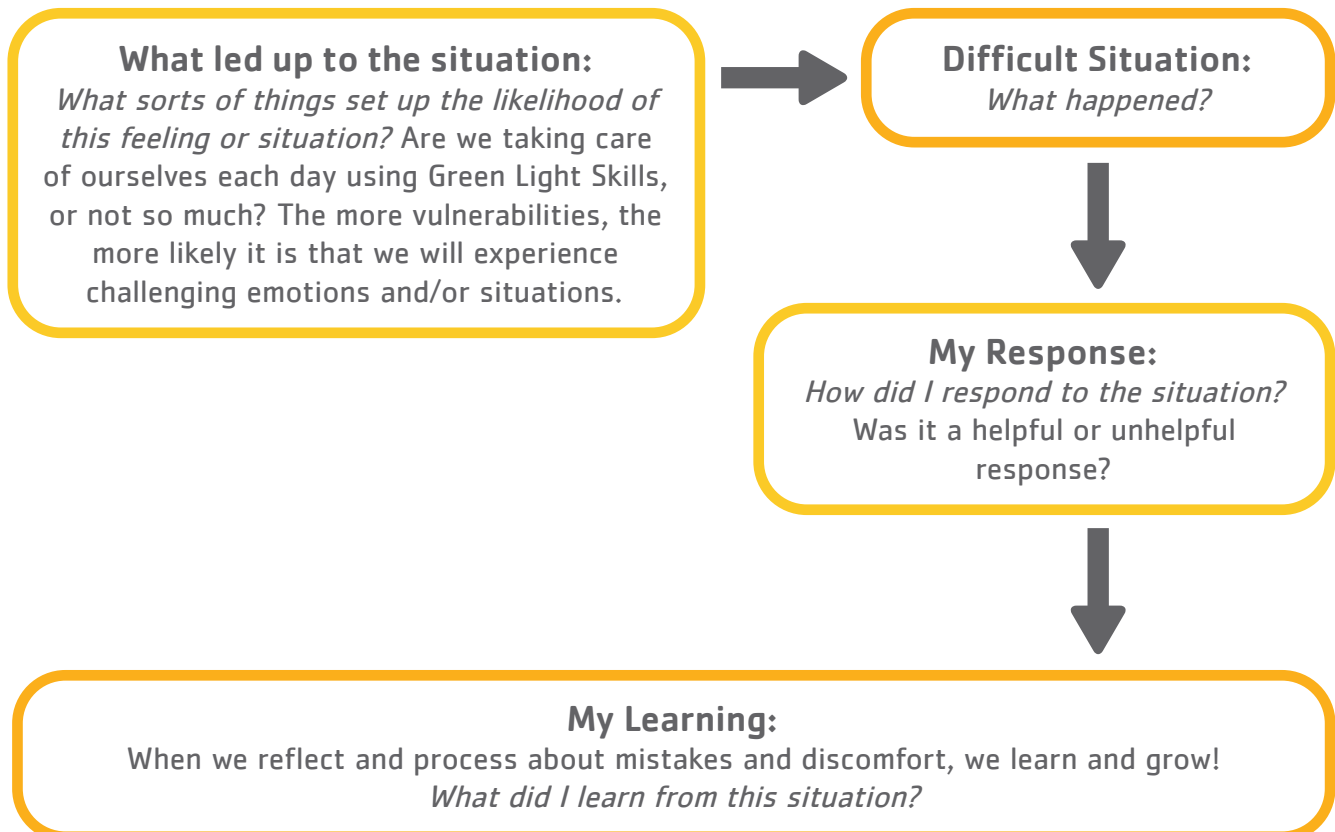


PROCESSING:

Making sense of what we are feeling or the situation we are experiencing

To help us Reflect and Process a feeling or situation, we can use a tool called a Chain Analysis to think about all of the different links that led to the feeling or situation.

The Chain Analysis contains many linking parts:



REFLECT:

For any experience we have, we can reflect back on the factors that led up to that experience. Those factors are like links in a chain and can include how we are feeling physically, how we are feeling emotionally, what our thoughts were like, actions we have taken, and what was going on around us.

Now, think about a time when you felt **a sense of accomplishment**, and use the chain analysis below to help you explore those feelings.

What led up to the situation:

What was I thinking?	How was I feeling?	Difficult Situation:
What was I doing/how was I acting?	What was going on around me?	
My Learning:		

Now, think about a time when you were **faced with a challenge** and wish you had responded differently. Again, use the chain analysis below to help you explore those feelings.

What led up to the situation:

What was I thinking?	How was I feeling?
What was I doing/how was I acting?	What was going on around me?



Difficult Situation:



My Response:



My Learning:

CHALLENGE:

Talk with someone you trust about both situations: one where you felt accomplished and one where you were faced with a challenge. Talk about what you learned about yourself from both situations.