



## CLD Cheat Sheet

1. **Name the variable:** a variable is something that **can go up or down** and vary over time (i.e. is measurable)

*Ex: if you want to add a variable around transportation – you will need work on the wording to determine what part of transportation varies over time that you are interested in. This could be added as “access to transportation” or “% of community with reliable transportation”, for example.*

2. **Draw the arrows:** arrows show that one variables affects the other

**S = same direction relationship** (an increase in one variable = an increase in the other variable or a decrease in one = a decrease in the other)

**O = opposite direction relationship** (an increase in one variable = a decrease in the other variable or vice versa)

3. **Look for feedback loops:** feedback loops occur “when the effects become causes”

*Types of feedback loops:*

**R = Reinforcing loop**, causing a trend to continue - so it continues to go up and up and up or down and down and down

**B= Balancing loop**, including one or more links that counter a trend – so levels of variables fluctuate, but are basically stable over time