

## Time Line of Life Events

The purpose of this exercise is to help define life experiences that may have had an impact on you, both positive and negative.

We use a time line as a simple and direct way to review your life and identify significant moments in time.

### Directions:

List events that are negative on the bottom and events that are positive on the top. By each event, place your age on the time line. A simple word or short phrase will be enough to identify each event. You may use several pages of paper. Some people put 10 years on each page, while others prefer to put all events on one large page. Some people use different colors, or pencil, while others use only a pen. It is up to you. This will be maintained in your chart and used to help guide our sessions. At times in session, we may add to your time line. Please try and keep it legible.

Negative events might be: a loved one's illness or death, moves, hospitalizations for self or loved ones, rapes, sexual abuse, physical abuse, beatings or severe physical punishments, abortions, miscarriages, divorce, affairs, victim of crime, car accidents or other accidents, witnessing violence to others, life threatening experiences, serious weather experiences, war violence, teasing or taunting by others, loss of a pet, bankruptcy, let go from a job, separations from loved care givers, embarrassing moments, verbal abuse by a loved one or important figure in your life, neglect by care giver, a loved one's serious mental health struggles, etc.

Positive events: recognitions from others, awards, achievements, promotions, marriage, births, celebration, special time with a positive person, mastering a new skill or talent, receiving a diploma, trip/vacation, relationship with a pet, friend, family member, mentor, creating a new business, completing a significant task, reuniting with loved ones, etc.

### Positive

Age \_\_\_\_\_

### Negative