



My Timeline

The Good, the Bad, and the Ugly



Your life story is rich with meaning. Creating a timeline of your life is a useful tool to help understand the experiences and events that shaped who you are today.

Instructions:

1. For each time period in the “My Timeline” worksheet, identify positive and negative experiences that affected you as well as significant events and changes in your life.
 - *Example of significant events/changes:* significant life decisions, moves, job changes, school changes, when you first met important people in your life, romantic relationships, graduations, births, marriages, divorces, etc.
 - *Example of positive experiences:* accomplishments, awards, promotions, special time with someone in your life, positive relationships (e.g. with pet, friend, mentor, family member, etc.), starting a new business or career, pursuing an important goal, mastering a new skill or talent, times when you felt empowered, supported, proud, happy, etc.
 - *Example of negative experiences:* disappointments, challenges, rejections, failures, illnesses (self or loved one), personal losses, deaths, accidents/injuries, head injuries, hospitalizations (self or loved one), abortions, miscarriages, life threatening or near-death experiences, bullying/teasing, harassment, embarrassing moments, combat experiences, arrests, traumas, rapes, sexual abuse, emotional or verbal abuse, physical abuse, severe beatings/punishments, neglect, struggle with addiction (include when started, quit, relapsed, etc.), mental health struggle (self or loved one), etc.
2. Next to each experience/event, write down your age at the time it happened.
3. Place a “+” sign in front of experiences/events that were positive, and a “-” sign in front of ones that were negative.
4. Next, pick the 10 most disturbing events/experiences on your timeline and rate the negative intensity of the event/memory on a scale of 0 to 10 (with 0 being neutral or not disturbance and 10 being the highest disturbance you can image).
5. Use additional paper, if needed.

Tips:

- You may go in chronological order or out of order, if you want to focus on a particular period first. Early years (0-18) are particularly important, especially childhood and puberty, but later years are important as well.
- You don’t have to finish your timeline all in one sitting. It may be easier to complete this exercise if you break up your work into smaller segments until you have finished (e.g. only working for 30 minutes in one sitting or just completing one time period in each sitting).

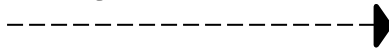
Name:

My Timeline

Age	Past Events and Experiences
0-2	
3-4	
5-6	
7-8	
9-10	
11-12	
13-15	
16-17	
18-25	

My Timeline

Name: _____



<p>After 25</p>	
------------------------	--