

Time Line/Adult

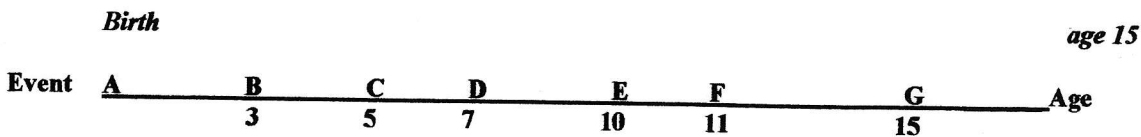
Please list significant events in your life that you either perceived as important at the time or that you now see as important in your life. There is a tendency for people to forget very significant events in their lives. Therefore, it is recommended that you take time to carefully consider your life history. Sometimes people feel embarrassed that certain things were so significant to them like the death of a pet. Please be assured that you are invited to identify whatever was or is important to you. It is often helpful to ask people who were with you at earlier life times to help activate your memory about important events. You may not know the exact dates of some events so please estimate to the best of your recollection. Specifically, identify the following types of events and your response to them. "A" will represent/describe what you know about your own birth experience/complications and circumstances. If at any point during this exercise you feel too upset or overwhelmed, please stop this process and confer with your therapist before continuing.

Birth of brothers or sisters and your age at the time

- Divorce
- Deaths
- Change of residence
- Medical experiences (accidents, surgery, injury, illness, etc.)
- Significant people (outside of family) in your life
- School events
- Income changes
- Job events
- Religious events
- Spiritual events
- Other

Place a letter representing the event above the time line and your approximate age under the letter.

Example:



A = Birth/mother was in labor for several hours and I almost died in the delivery

B = Appendicitis surgery / scared to death

C = Death of my pet dog / extremely sad

D = Grandmother died / confused and lonely

E = Parents divorced / angry

F = Sister was born / jealous

G = We moved from the farm to Dallas / overwhelmed

H = I got married / disillusioned

I = We had a child / burdened

J = I got divorced / abandoned

Name _____

Date _____

Please make your time line of events here.

<i>Age 16</i>	<i>To age 30</i>
Event	
<hr/>	
Age	

A =

B =

C =

D =

E =

F =

G =

H =

I =

J =

K =

(Please use space on back if necessary.)

Name _____

Date _____

Please make your time line of events here.

Birth

To age 15

Event

Age

A =

B =

C =

D =

E =

F =

G =

H =

I =

J =

K =

(Please use space on back if necessary.)

Name _____

Date _____

Please make your time line of events here.

Age 31

To present time

Event

Age

A =

B =

C =

D =

E =

F =

G =

H =

I =

J =

K =

(Please use space on back if necessary.)