**Logo

Description automatically generatedTime-Line and Details of Significant Events**

Add those events that are significant (for whatever reason). Place any positive/neutral ones above the blue line in the green shared area and any negative ones in the yellow shaded area below the blue line. Approximate age will do (write in the blue area), it is getting the details of the significant events and in what sequence in relation to one another that is more important than exact age. There are some examples filled in below and blank sheets for you to use on the second and third page, use as many sheets as you need to. It is usual for there to be far more negative events as these are the ones we can have difficulty processing emotionally and can get stuck with as a result. Also, negative events are far more memorable than positive events because there is an evolutionary advantage to remembering them so we can figure out a way to avoid the same thing happening in the future. There is no evolutionary advantage to remembering positive events, so they are much more like to disappear quickly from conscious recollection.

Set aside some time every day or every other day to work on your Time Line, make sure to schedule in a favourite pleasurable/social activity to do after you have finished working on you Time Line. This is required because it can be painful to go back over the past, however briefly, so the pleasurable activity is to make sure you come back fully into the present and remind yourself that the difficult experience(s) are in the past and you are now moving forward. You can rearrange the size of the boxes and use as many pages as you like.

Fictitious Example:

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| --- | --- | --- | --- | --- | --- | --- |
| **Positive**  **(or**  **Neutral)** | Baby sister born, loved her so much instantly, she was my favourite toy. |  | Got top marks in school in maths end of year test, got lots positive attention from my dad. | Started Uni & met partner |  |  |
| **Age** | **4** | **8** | **12** | **20** | **24** | **28** |
| **Negative** | A few months after my sister was born, my cat “Piggle” was rehomed as parents didn’t want the cat around my baby sister, I cried for days, got told off. Remember not liking my parents and baby sister for a little while after this. | Bullied at school, group of kids calling me names, I was very shy and awkward. Cried a lot, mum told me not to be a cry-baby she would shout at me and tell me to shut up. | Then my parents got divorced felt it was my fault & my school-work went downhill. My Dad did not want me to live with him and I had to live with my mum, felt very rejected by my dad. |  | Broke leg in serious car accident. Suffered PTSD & my anxiety problems started and spread to many other things. | Left partner as they had an affair. Anxiety got so bad I had nervous break-down. Signed off sick from work for 6 months. |

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| **Positive (or**  **Neutral)** |  |  |  |  |
| **Age** |  |  |  |  |
| **Negative** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Positive (or**  **Neutral)** |  |  |  |  |
| **Age** |  |  |  |  |
| **Negative** |  |  |  |  |