Guide To Developing your Timeline

***As a separate document,*** make a list of all physical and emotional events/traumas you can remember, in ***chronological order*** starting from the present and working your way back in time until your birth and conception.

If you don’t remember the exact dates, list the event in the correct order. Even if you are not sure whether an event is significant, add it to the list. For each event, give a brief description of the experience. ***See example below.***

Please keep a copy of your timeline so that you can follow along.

**Physical Traumas**

* ***Pre-birth***: Any drugs, alcohol, smoking or severe illnesses in mother (particularly of a viral nature); also consider any emotional shocks to mother during pregnancy or in mother/father at time of conception; ultrasound, amniocentesis or other invasive testing.
* ***Birth:*** Difficult labor, forceps used, use of anesthetics on mother, late breathing or other possible oxygen deprivation, C-sections or induced labor, cord around the neck, breech birth, silver nitrate or antibiotic ointment in eyes, PKU heel prick, vaccinations.
* ***Vaccinations:*** Dates, if possible of first vaccination of each kind received; include travel and flu vaccines.
* ***Accidents****:* Car accidents, falls, blows to head, concussions, broken bones, animal bites, whiplash, frostbite.
* ***Surgery/Dental Interventions****:* Tonsils, appendix, adenoids, dental work (including wisdom teeth removal, root canal, mercury removal, implants, fillings), abdominal (including Caesarean sections), circumcision, vasectomy, hysterectomy, breast implants, cosmetic surgery, eye surgery, etc. Medical tests and procedures such as colonoscopy, biopsy, etc.
* ***Medical Drugs/Procedures:*** Antibiotics, anti-depressants, cortisone, recreational drugs, etc. Radiation exposure like x-rays, CT scans, MRI, injected dyes, barium swallow, chemotherapy, etc.
* ***Hormones:*** Birth control pill, hormone replacement therapy, etc
* ***Severe Infections*:** Lyme disease, mononucleosis, Epstein-Barr, measles, chicken pox, mumps, TB, pneumonia, malaria, strep, meningitis, etc.
* ***Electric Shocks*** (including medical treatment)

**Mental/Emotional Traumas**

* Traumas involving **loss, abandonment, grief, betrayal** (e.g., death, loss of trust, relationship or friendship break-ups, loss of independence, job loss, separation)
* Traumas involving great **fear/anxiety**, stress
* Traumas involving **anger and indignation/humiliation** (particularly where the emotion was suppressed/”swallowed”), being attacked verbally or physically, abuse and victimization, false accusations, **guilt** (mostly that someone tries to put on you)
* Feelings of **envy or jealousy, or guilt** that you put on yourself, self-blame, shame
* Traumas involving **abuse**, whether mental, emotional or sexual
* **NB: Some emotional traumas can involve a combination of emotions**

**Timeline example**

**2011:** Root canal, took an antibiotic the week before for abscess, terrified of dentists

**2009:** May – husband’s loss of job, move to new city, fear, sadness, loss, anxiety

**2008:** November - flu vaccine

**2008:** April - car accident, whiplash, was my fault, very emotional experience

**2005:** Twinrix vaccination before trip to Cuba

**2003:** Diagnosed with cervical cancer, a lot of fear, had surgery, chemo and radiation treatment. Very sad since could not have more children.

**2000:** April - Death of grandmother, was very close to her, very sad, guilt

**1999:** Birth of daughter, had C-section, took a long time to recover, a lot of guilt that she wasn’t born naturally

**1999:** Amniocentesis, very painful, anger at doctor for not being gentle, a lot of fear that something was wrong with the baby

**1999:** Ultrasounds during pregnancy

**1993:** Started birth control pill, was on it for a few years

**1992:** Tried marijuana a few times, not a good experience

**1990:**  Betrayal of best friend, a lot of anger and loss

**1988:** Lost in the woods while blueberry picking, it was getting dark, scared

**1987:** October - Hepatitis A shot at school, did not feel good for a few days

**1986:** Fall from bicycle, broken wrist, had an X-ray, was in a cast for 6 weeks, a lot of anger at friend

**1985:** Loss of cat, very sad and a lot of guilt

**1983:** Dental extraction, a lot of fear

**1983:** Dental X-rays

**1982:** Summer - scratched by my new kitten

**1981:** Asthma attack, went to emergency, was given a puffer and prednisone, a lot of fear

**1979:** Chicken pox, very mild

**1978:** Birth of brother, jealousy

**1977:** Cortisone cream for eczema

**1976:** DPTP vaccination, not aware of any reactions

**1975:** Birth, mom had epidural, forceps used, silver nitrate in eyes, Vit K injection, PKU test, needed oxygen, had to go into incubator for a day

**Pre-birth:**  Ultrasounds, 1st child, mother was scared but overall a good pregnancy