



Life Milestones Journal

Example Timeline: Childhood

<u>AGE</u>	<u>Positive Events</u>	<u>Negative Event</u>
5	Moved to New House (ex)	
7		Parents Divorced

Instructions:

- **Timeline Format Above:** Take a regular piece of paper and using the format above create a timeline. Segment these timelines in chronological order into segments of Childhood, Adolescents, and Young Adulthood, Married or Adult Life, and Later Life.
- **Positive/Negative Events:** You should record events that you feel shaped you in positive or negative ways. Mark each event by age and use a phrase to describe the event. Reflect on each segment of your life, selecting the events that were psychological or spiritual “turning points” that influenced or shaped the person you are today.
- **Some Helpful Categories:**
 - **Earliest Childhood Memories**
 - **History of Relationships:** Key Friendships, Dating, Intimate Relationships
 - **School Experiences:** Peer Relationship/Social Groups
 - **Occupational History:** How did you choose your career
 - **Family Experiences:** Events in Childhood/Adolescent Home
 - **Spiritual/Faith Experiences**
 - **Key Successes and Failures**
 - **Key events/memories you remember to hide from others**
 - **Events that where you behaved in a self-destructive way**
 - **Events in which you may have been victimized or falsely accused**