

Life Events Timeline

LIFE EVENTS TIMELINE

Age: _____

Duration (how long it lasted - day/month/years):

Context

- ☐ family
- ☐ friends
- ☐ work
- ☐ home
- ☐ relationship

Event

Emotional Impact

- ☐ 0 - None ☐ 5 - Significant ☐ 10 - Extreme