

Sample Timeline

Good Memories

Ages 0-5:

Playing with my friends around the church
My 3-year-old birthday party
Singing at summer picnics on the stage
Having a loving sister

Ages 6-11:

Moving to Ohio
Playing with my cousins
Holiday times with my family

Ages 12-17:

Great teacher in 5th grade
Loving school
Winning spelling bee
Being inducted into honor society

Bad Memories

Getting lost in the woods
Fearing my dad when in the crib
Remembering anger and tension
Having an accident at school

A very mean teacher in 1st grade
Finding my dad with another woman
Having a bad case of the measles
Parents fighting
Mother leaving for shock treatments
Abusive spanking in anger
Dad beating mother – slamming her in tub
Parents divorcing
Father very angry – verbally abusive

Moving into a poor school district
Leaving the school I loved (and friends)
Finding out mother had cancer
Being scared during Sunday dinners
with dad
Living in project housing with roaches
Feeling poor and uncared for
Mother dying of cancer
Moving in with dad and hating it
Step-mother dying when I was 17

Continue timeline in similar fashion in five-year age spans 18-23; 24-29, etc., up to your current age, listing good memories on the left side of the paper and bad memories on the right side of the paper. Go through each bad memory with the process and steps for healing explained in chapter seventeen.