SIGNIFICANT EXPERIENCES ACROSS YOUR LIFE

Timeline: Impact Points

The highlights and lows that have shaped how you see yourself, other people and the world

Name _____ Date _____

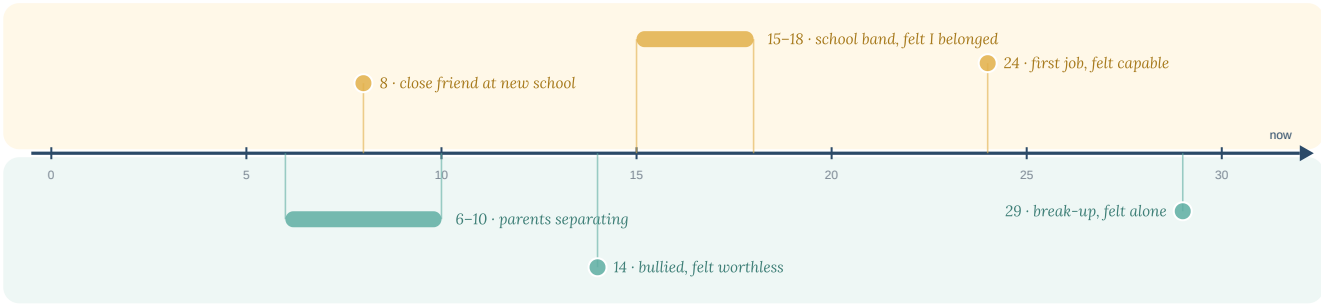
1 Think back from now
Go back as far as you can remember.

2 Mark highlights and lows
Highlights above the line: times you felt confident, hopeful or valued. **Lows** below: times that were hard, or that changed how you saw yourself, others or the world.

3 Add your age and a few words
Beside each mark. A dot is a moment; a bar is a phase. Further from the line means a stronger impact.

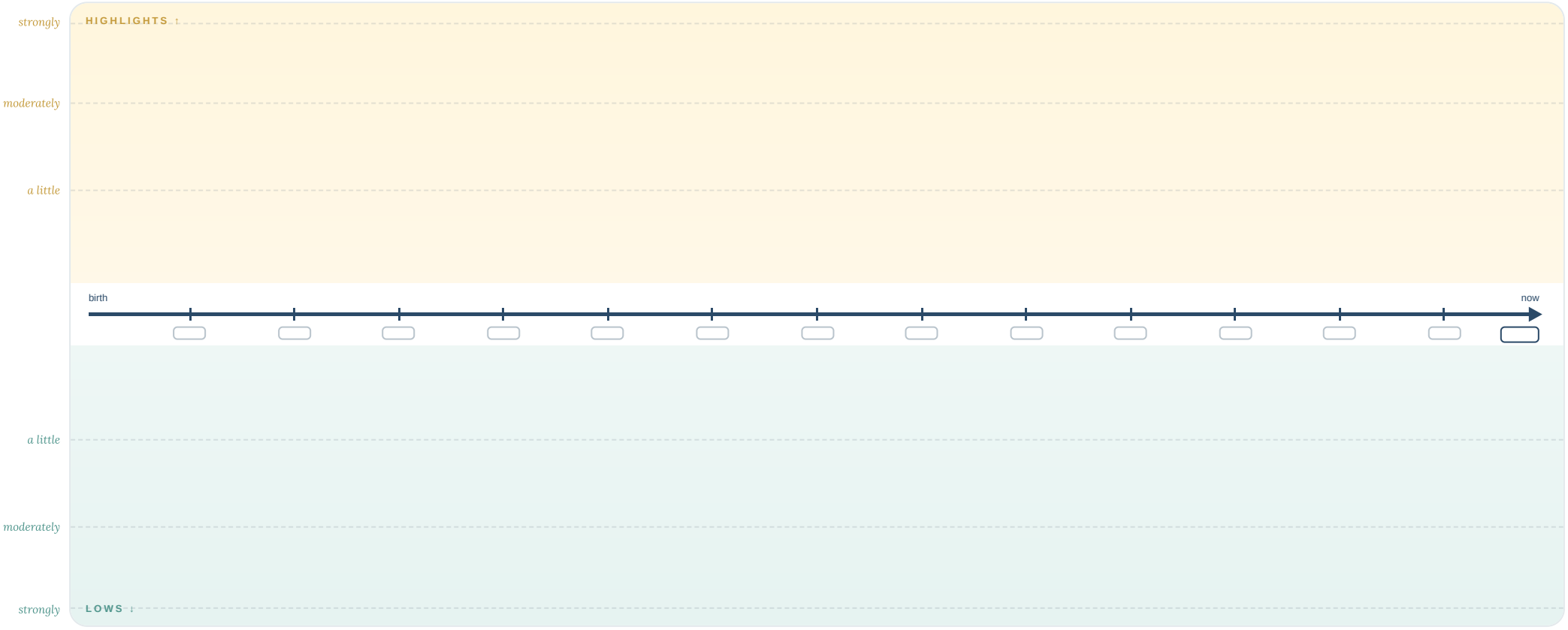
Nothing is too small to include. Brief notes are enough.

EXAMPLE



My timeline

write in the ages that suit your life



a moment a phase

Then use the next pages to note how each highlight and low affected you.

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Highlights *times you felt confident, hopeful, valued or settled in yourself*

For each highlight on your timeline, write your age, a few words about what happened, and how it affected the way you felt and saw yourself, other people or the world.

AGE	WHAT HAPPENED *in a few words*	HOW IT AFFECTED ME *how I felt, and how I saw myself, others or the world*

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Highlights *(continued)* *times you felt confident, hopeful, valued or settled in yourself*

For each highlight on your timeline, write your age, a few words about what happened, and how it affected the way you felt and saw yourself, other people or the world.

AGE	WHAT HAPPENED *in a few words*	HOW IT AFFECTED ME *how I felt, and how I saw myself, others or the world*

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Lows *times that were hard, or that changed how you saw yourself, others or the world*

For each low on your timeline, write your age, a few words about what happened, and how it affected the way you felt and saw yourself, other people or the world. Share only what feels manageable.

AGE	WHAT HAPPENED *in a few words*	HOW IT AFFECTED ME *how I felt, and how I saw myself, others or the world*

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Lows *(continued)* *times that were hard, or that changed how you saw yourself, others or the world*

For each low on your timeline, write your age, a few words about what happened, and how it affected the way you felt and saw yourself, other people or the world. Share only what feels manageable.

AGE	WHAT HAPPENED *in a few words*	HOW IT AFFECTED ME *how I felt, and how I saw myself, others or the world*

Anything else you would like me to know *about your timeline*

AT YOUR OWN PACE

You do not need to describe details, and you can leave out anything you would rather discuss in person. If this brings up strong feelings, it is okay to pause and come back to it later, or to bring it to your next session.

SOURCE Timeline methods like this are used in several therapies, including the lifeline in Narrative Exposure Therapy: Schauer, M., Neuner, F., & Elbert, T. (2011). *Narrative exposure therapy: A short-term treatment for traumatic stress disorders* (2nd rev. ed.). Hogrefe.

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