**Life Timeline**

You are going to draw a timeline for your life beginning with your birth to present. Begin by thinking about 10 best times/events in your life and ten worst times/events in your life. Write them on a separate sheet paper different than the sheet you are going to draw your life timeline. You are going to use peaks or high points for good times and valleys or low points for bad times to represent the highs and lows of your life. Note the year each event happened. The idea is to develop a timeline that represents your sense of your life.

It may be better to start with a pencil then trace with a pen, marker or crayon. Be as creative as you would like. You can use one sheet of paper or several. You can staple or glue pictures of family, friends, or places that may represent events in your life. Pictures can also represent how you were feeling at that point in your life such a pictures out of a magazine or your own drawings. Pictures can be attached to this sheet and not necessarily on the sheet. You do not have to list everything since birth, but feel free to include events such as deaths, achievements, relocations etc…

Please don’t be afraid to ask you therapist for help.