



Life Milestones Timeline

Fact Sheet

Why make a Life Milestones Timeline?

The Life Milestones Timeline is a graphical retrospective of your life with a focus on significant events. The graphic marks key times such as wellness, grief or loss, change or transition, accomplishments, and other milestones that are important to you, such as those related to family and career. It can be as detailed as you want to represent, but generally, the more specific it is, the greater the benefit of the activity.

Your timeline helps show the order of certain events or a pattern of experiences that may be contributing to increases in symptoms. Think of this exercise as a picture that allows you to have a bird's eye view of your life, and to see the positive and negative shifts along the way on a single trajectory.

The process and completion of your timeline allows the care team to learn more about your history and who you are as a whole person. This provides space for deeper reflections and builds a positive, supportive relationship while developing the capacity to observe how past events and responses shape the present.

Everyone has a unique timeline. It consists of a series of events, trends and turns that culminate in producing cycles of positive and negative shifts, highs and lows in the course of a lifetime from birth.

Trauma Over a Lifetime

Having a deeper awareness of the trauma and events over your lifetime empowers your care team to serve you more directly and with purpose. By knowing the events and circumstances that have affected you, we can be more informed which leads to being more responsive and collaborative.

The Life Milestones Timeline allows us to help shift our thinking from “what is wrong?” to “what has happened?” by seeing the events and circumstances of your life. Empathy and seeking deeper understanding are important because they remove any blame or judgement, creating a safe space which is necessary to the development of an authentic healing relationship between you and your care team.

What can I expect from my care team?

- **Balance:** Identifying positive and negative experiences across your life for the timeline.
- **Collaboration:** We are here to support you and to do that we must understand you and your experiences. We'll talk about successes, barriers, make plans, and have tough conversations. We'll do it together with you and others who are important to you and your decision making.
- **Care:** Free from judgment, even if we don't agree with you.
- **Honor:** We respect individual goals, even if they're different from what we hope for you.
- **Flexibility:** We aren't directive. We won't tell you what to do, but we will recommend or advise.
- **Value:** Your perspective is important. We'll bring in activities to help us better understand your life and experience in your words. This includes the Life Milestone Timeline.
- **Dignity:** We will work to preserve your self-respect and self-esteem.



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(NOTE: Print and use pen or pencil to complete the timeline.)

