**GUIDE TO DEVELOPING A TIMELINE**

**PHYSICAL***-* Consider the following as possible shocks:

● *Pre-birth*: any drugs, alcohol, smoking or severe illnesses in mother (particularly of a viral nature); also consider any emotional shocks to mother during pregnancy or in mother/father at time of conception (see  section on emotional traumas below); ultrasound or other invasive testing.

● *Birth:* Mother had difficult labour; forceps used; use of anesthetic on mother; late breathing or other possible  oxygen deprivation

● *Vaccinations:* Dates, if possible, of initial vaccination of each kind received (can usually ignore booster shots).
● *Accidents:* car accidents, falls, blows to head, concussions, broken bones.
● *Surgical interventions:* e g. Tonsils, appendix, adenoids, dental, abdominal (including Caesarean sections);  circumcision, vasectomy, hysterectomy

● *Drug Use:* antibiotics, anti-depressants, recreational drugs etc.

● *Hormones:* birth control pill, hormone replacement therapy

● *Severe Infections:* e.g. Lyme disease, mononucleosis, Epstein-Barr, measles, chicken pox, mumps, TB, pneumonia, etc.
● *Electrical Shocks*: (including medical treatment)

***MENTAL/EMOTIONAL*** *-* Consider the following as possible shocks
● Traumas involving loss, abandonment, grief, betrayal (e.g. Death, loss of trust, relationship breakups, loss of independence, job loss)
● Traumas involving great fear/anxiety
● Traumas involving anger and indignation/humiliation (particularly where the emotion was suppressed (“swallowed”)
● Feelings of guilt, envy or jealousy
● Traumas involving abuse, whether mental, emotional or sexual

**SAMPLE TIMELINE**

**2002 August** - Laid off from work, period of high stress – headaches began

**2001 January** - Severe Bronchitis – 4 weeks in bed, antibiotic use, exhaustion

**2000 March** - Broke left leg skiing - scared

**1999 September** - Colonoscopy

**1998 March** – grandfather died - sad, guilty

**1998 January** – root canal

**1993 February** – went away to university – missed my family

**1992 September** - allergy shots

**1992 March** – allergy shots

**1991 July** – co-worker spreading rumors about me - angry

**1990 June** - Break-up of serious relationship – many months of sadness

**1989 September** - Didn’t make the volleyball team

**1985 October** - Failed an exam at school - very upset with myself

**1984 September** – Nervous to start high school

**1983 December** – Got drunk - guilty

**1979 April** – Broke my arm at school - scared

**1983 March** - Parents got into a big fight - scared

**1979 May** - family dog died – first experience of death, sadness

**1975 September** - MMR Vaccine – original

**1972 July** - MMR Vaccine – original

**1971 November** – Hep B Vaccine

**1970 January** – Mom induced; antibiotics drops in eyes; born blue – cord wrapped around neck

**Pre-birth** - Mom got into a car accident – air bags. Mom was very scared.