The Time Line

These memories do not need to be significant in any way and should be neutral or positive in tone if possible. They should be *remembered* events from your life that will orient you to a particular time frame. See below for more detailed instructions.

Name		Date of Birth
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Year	Age	Memory Cue
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To prepare the memory cue list, begin with your earliest memory. Write down the age you were at the time of this memory, and after the age write a word or phrase that will remind you of the memory when I read the word or phrase to you. Some people find it helpful to also write down the year it was. For example:

1953 Age 2 "Sitting on Potty chair" 1954 Age 3 "Riding tricycle 1955 Age 4 "Digging for bugs with Joe

Try to think of one memory for each year of your life, from your earliest memory all the way to the present. Record your memory cues chronologically. Write legibly or type your memory cues on your computer. The cues should be events that you actually remember as opposed to a scene which you have seen in a photograph but when you look at the photo you don't really recall having been in the scene. The cues can also be the name of a friend you spent time with at a certain age, or a place from the past that you remember.

The memories do not need to be significant in any way. Even remembering what a house or school building looked like is enough detail for this skeletal Time Line. The memory cues should be neutral or positive in tone if possible, however DO include significant events which impacted your life such as deaths of people important to you, marriages, divorces, births, etc. The cues should be **remembered** events from your life that will orient you to a particular time frame. Trips taken, names of friends, various workplaces or living spaces all work well for cues. Remembered positive emotions like love, joy, pride, play/curiosity, awe/wonder, serenity/calm and gratitude can help pinpoint memories.

Do as much as you are comfortable with, we can work on your timeline together in session if you wish.