

## ***Timeline/Root Cause Exercise***

This exercise is for your eyes only. It will not be turned in to the facilitators; however, we will discuss the results of the exercise in class, and recommend that you share what you are learning about yourself with your Accountability/Prayer Partner. Write what you feel comfortable writing – to jog your memory for processing and discussion later.

You will be creating a timeline of your life from birth to now as if you were preparing to write your autobiography. The purpose of this exercise is to help you:

- Identify the significant things/events that have occurred in your lifetime (good and bad, joyful and painful) that cause you to think and behave the way you do;
- Recognize patterns of behavior in your life; and
- See how it all fits together to make you the woman you have become (warts and all).

Add to your timeline as God continues to reveal things to you over the next several weeks.

### **Instructions for Completion**

1. Pray and ask God to help you complete this exercise
2. Work through each of the statements below and write down anything that comes to your mind. These questions are designed to begin to reveal some of the possible root causes of your SSA
3. Create a timeline of your life from your earliest memories and make notes along your timeline so you can see how some things that have occurred in your life may have contributed to your SSA, as well as patterns of behavior that you may not have been aware of before completing this exercise. Put your age next to significant milestones.
4. Write down what feelings you experienced at each major milestone on the timeline
5. Pray and ask God to begin healing your heart for those past pains/disappointments
6. Share some of what you are discovering about your life history and patterns that likely led to your SSA with your Accountability Partner so they can pray for you more specifically

### **Some Possible Root Causes of my SSA**

1. Notes about my relationship with my mother and other significant women in my life from childhood till now.

2. Notes about my relationship with my father and other significant men in my life from childhood till now.

3. Significant things that happened to me over my lifetime (both good and bad). Note your age at each milestone moment.

4. My first exposure to sex, and subsequent sexual conduct (good and bad).

5. Analyzing my SSA – when I first began to be attracted to a person of the same sex; when I first acted on my SSA (whether emotional bonding with another person or actual sexual conduct); Start and stop of each same sex relationship; and my most recent emotional or physical relationship with a person of the same sex.

6. Exposure to pornography and its effect on me.

7. How I have felt about my body from childhood till now.

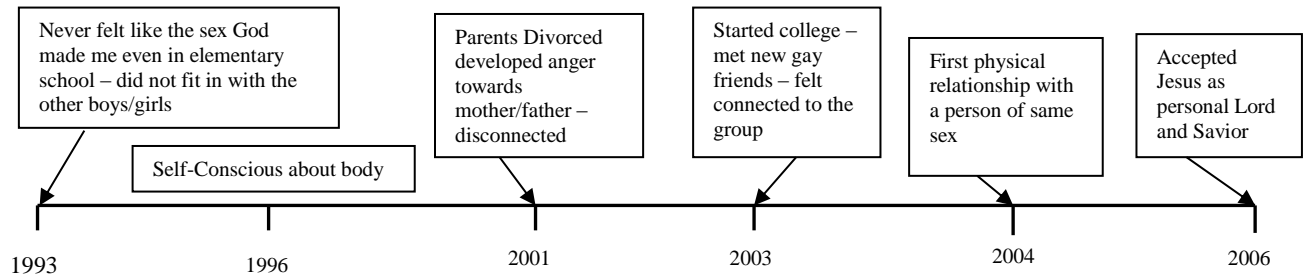
8. My history of drug/alcohol abuse (earliest exposure, and most recent).

9. Anything else God is revealing to me about my life.

## Timeline

For this exercise, you will use the next page to construct your own timeline.

### Example



### Feelings (example for a girl)

- 1993 *I never felt connected to other girls when I was young – I hung out with the boys and only played with them*
- 1996 *The kids in school made fun of me because I had a flat chest and didn't develop like the other girls. I felt embarrassed and ashamed about my body*
- 2001 *When my parents divorced I hated my mother because I felt that she didn't try to stay with dad. She wasn't there for me and I decided I didn't want to be like her*
- 2003 *I met new friends in college that were gay – they were nice to me and accepted me for who I was. I finally felt like I belonged*
- 2004 *My first sexual relationship with a woman was exhilarating. I felt like she really loved me and accepted me for who I am*
- 2006 *Confused – want to line my life up with the Word of God but don't know how*

## *Timeline – Root Causes and Milestones*

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*Major Milestones and Feelings:*