

# Instructions for Developing Your Sequential Timeline

As a separate document:

Please list all shocks/ traumas/ events in a **chronological order** (see example at the bottom) starting from the present and working your way back in time to your birth and conception. The following types of events should be considered as possible shocks or traumas:

## **PHYSICAL:**

- **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; ultrasound or other invasive testing, amniocentesis, etc.
- **Birth:** Mother had difficult labour; forceps used; use of anesthetics on mother; late breathing, oxygen deprivation, silver nitrate or antibiotic ointment in eyes, jaundice with PKU heel pricks, vaccinations, etc.
- **Vaccinations:** Years vaccinations were given in childhood, for travel, the flu, etc., and any reactions to the immunization.
- **Accidents:** car accidents, falls, blows to head, concussions, broken bones, animal bites, whiplash.
- **Surgical interventions:** e.g., tonsils, appendix, adenoids, abdominal (including Caesarean sections); circumcision, vasectomy, hysterectomy, dental work (including wisdom teeth, root canal, mercury removal, implants, fillings and type of filling), etc.
- **Drug Use:** antibiotics, anti-depressants, recreational drugs, etc.
- **Hormones:** birth control pill, hormone replacement therapy, IVF, etc.
- **Severe Infections/ Disease diagnosis:** e.g., Lyme disease, mononucleosis, Epstein-Barr, measles, chicken pox, mumps, TB, pneumonia, meningitis, etc.
- **Electrical Shocks** (including medical treatment).

## **MENTAL/EMOTIONAL:**

- Traumas involving **loss, abandonment, grief, betrayal** (e.g., death, loss of trust, relationship break-ups, loss of independence, job loss).
- Traumas involving great **fear/anxiety, stress**.
- Traumas involving **anger and indignation/humiliation** (particularly where the emotion was suppressed/"swallowed"), **guilt** (mostly that someone tries to put on you).
- Feelings of **envy or jealousy**, or **guilt** that you put on yourself, **self-blame, shame**.
- Traumas involving **abuse**, whether mental, emotional or sexual.

Don't forget the traumas that happened to other people that may have had a profound emotional or even physical impact on you.

NB: Some emotional traumas can involve a combination of emotions, please try to list all that pertain to the particular event.

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## **Timeline Example:**

2002: fall requiring stitches, freezing

2000: emotional – move to Ottawa – sadness, anxiety

1997: vaccinations for travel – Hep B, Yellow Fever (vaccine reaction, vomiting, fever)

1995: extensive marijuana/ alcohol use due to long standing relationship falling apart  
1994: diagnosed with high blood pressure- anger, denial, sadness (loss of way of life)  
: Chased and bit by a dog. Fear, anger, needed 4 stitches. Had Valium for anxiety,  
Tylenol 3's for pain, and antibiotics.  
1989: Mom diagnosed with MS. Angry, sad, guilty for not helping her more. Rebelled,  
got into drugs at school.  
1986: Dog died, very sad, didn't eat or sleep for days, angry.  
1985: Had 4 cavities. Got silver fillings, x-rays, freezing. I was scared of the dentist.  
1982: Bullied in school. Fear, anger, rejection, jealousy of other kids.  
1979: Had chicken pox.  
1977: Had bad reaction to immunizations, fever, swelling of arm, vomiting, despondent  
1975: Birth. Mom had pain medication, forcep delivery, needed oxygen at birth. Silver  
nitrate in eyes, Vit K shot, PKU test.  
Mom had an X-ray at 28 weeks.  
I was a surprise baby, mom was scared to tell my dad, and she cried a lot.  
Mom smoked during pregnancy.  
Mom's dad died while she was pregnant with me, very emotional time for her.

If you have any questions in regards to the timeline please contact me.  
Please remember to include your birth story, including gestation and family dynamics at  
that time.

Try to tell your life story as completely as possible, ensuring to include any  
emotions/feelings attached to any of the events, as well as procedures (i.e. x-rays) or  
medications needed.

Do not worry if you forget something, if it is important, your body will bring it back into  
your consciousness at the right time.

Please ensure that I have your timeline at least 48 hours prior to your appointment.

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