

Childhood Timeline

Past emotions and difficult memories can be tough to face. It can help to objectively capture a timeline of the key events of our childhood (Jackman, 2020).

Use this worksheet to focus on the development years from birth to twenty-one to identify wounding patterns or specific events that caused challenges in later life.

Capture events and situations recognized as important during childhood or on reflection as an adult.

For example,

- Aged 5, Mum and Dad got divorced
- Aged 8, Mum met someone new and had a baby
- Aged 9, Dad moved abroad
- Aged 10, Dad got sick
- Aged 15, started drinking alcohol
- Etc

Start by capturing the approximate age and a description of the event in just enough detail to jog your memory for later reflection:

Age (approximately if not known)	What happened?	Emotional impact (0 – significant happiness or joy to 10 – significant fear, anger or sadness)

Age (approximately if not known)	What happened?	Emotional impact (0 – significant happiness or joy to 10 – significant fear, anger or sadness)

Reflect through what you have written down. Do you see any patterns?

Now complete the rightmost column – emotional impact, where 0 is significant happiness or joy, and 10 is significant fear, anger, or sadness (or other such emotion).

References

- Jackman, R. (2020). *Healing your lost inner child: How to stop impulsive reactions, set healthy boundaries and embrace an authentic life*. New York: Practical Wisdom Press.

Dr. Jeremy Sutton