

Healing Activity - Time Line Exercise

The “timeline” process is a great tool to visualize our lives and how one’s pain often relates to another. It’s been around for years and helps the individual find understanding in how their past made them vulnerable to sexual activity before marriage which led to abortion.

Begin by making a list of your positive and negative life experiences below and plot them on the graph found on the following page according to the age you experienced the pain. Making marks various distances from the “best time” and “worst time” lines, according to the “scale” of the experiences, can reveal many interesting aspects. For example, a parent’s divorce could be much lower below the line while a marriage to a loving spouse could be higher above the line. Connecting the marks can help you visualize the low and high points in your life.

Begin this exercise by listing out the points in your life that fit the categories “best” and “worst.” The next step is to list your age and then the “scale” of the experience. With your best times, the scale ranges from +1 to +10 where +10 is your very best experience. For worst times the scale ranges from –1 to -10 where -10 is the very worst you’ve experienced. Go with immediate memories. Once this is done, plot these on the next page according to the age you were when they occurred and the scale of pain.

Best Times	(+1 to +10)		Worst Times	(-1 to -10)	
	Age	Scale		Age	Scale





