

## Hurts, Losses, Disappointments - Timeline

Chart on the line below disappointments, hurts, and losses. IF YOU HAD A TRAUMATIC PAST OR IF THIS EXERCISE STARTS BRINGING UP TRAUMATIC EXPERIENCES YOU HAVE NOT REMEMBERED OR THOUGHT OF IN A WHILE, PLEASE STOP DOING THIS EXERCISE. You may need to do this exercise under the care of a qualified therapist. Ideas to consider are: divorce, abandonment, molestation, rape, abortions, abuses, moving, deaths, loss of pets, fears, losses, fires, wrecks, surgeries. Basically any event that you remember as being important fits. Put good memories above the line; Put bad memories beneath the line. State how old you were when the event happened if you can remember such as: "when I was 15."



