
Guide to Developing a Sequential Time Line

Note: Please organize all shocks and traumas in a chronological sequence.

Consider the following as possible shocks:

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 (see section on emotional traumas below); ultrasound or other invasive testing.
- Birth: Mother had difficult labour; forceps used; use of anaesthetics on mother; late breathing or other possible oxygen deprivation.
- Vaccinations: Dates, if possible of initial vaccination of each kind received (can usually ignore booster shots).
- Accidents: car accidents, falls, lows to head, concussions, broken bones.
- Surgical interventions: Tonsils, appendix, adenoids, dental, abdominal (including Caesarean sections); circumcision, vasectomy, hysterectomy.
- Drug use: antibiotics, anti-depressants, recreational drugs, etc.
- Hormones: birth control pill, hormone replacement therapy.
- Severe Infections: Lyme disease, mononucleosis, Epstein-Barr, measles, chicken pox, mumps, TD, pneumonia, etc.
- Electrical shocks: including medical treatment.

Mental

- Traumas involving **loss, abandonment, grief, betrayal** (e.g., death, loss of trust, relationship breakups, loss of independence, job loss).
- Traumas involving great **fear/anxiety**.
- Traumas involving **anger and indignation/humiliation** (particularly where the emotion was suppressed/"swallowed").
- Feelings of **guilt, envy** or **jealousy**.
- Traumas involving **abuse**, whether mental, emotional or sexual.

Note: Some emotional traumas can involve a combination of emotions. See reverse side for sample time line.

Sample Time Line

- 2002 August - Laid off from work, period of high stress - headaches began
- 2001 January - Severe bronchitis - 4 weeks in bed, antibiotic use, exhaustion
- 1998 March - Mom died of cancer - very sudden diagnosis, shock, grief, anger
- 1993 February - Broke left leg skiing
- 1990 June - Break-up of serious relationship - many months of sadness
- 1985 October - Hep B vaccine
- 1979 May - Family in car accident - not serious - bumps and bruises, shock
- 1975 September - Family dog died - first experience of death, sadness
- 1972 July - MMR vaccine - original
- 1971 November - DPT vaccine - original
- 1970 January - Birth - mom was induced; antibiotic drops in eyes; born blue - cord wrapped around neck
- Pre-birth - at 7 months mom fell down flight of stairs - no injury, but very anxious for baby