

# Trauma Timeline Worksheet

Name:

Date:

**Instructions:** Use this worksheet to help you identify and process significant traumatic events that you have experienced throughout your life. Write down the event(s), date(s) and your emotional and physical reactions to each event. This can help you gain insight into how these events have impacted you and begin to heal from them.

| Event | Date | Emotional reaction/s | Physical reaction/s |
|-------|------|----------------------|---------------------|
| 1.    |      |                      |                     |
| 2.    |      |                      |                     |
| 3.    |      |                      |                     |
| 4.    |      |                      |                     |
| 5.    |      |                      |                     |

|     |  |  |  |
|-----|--|--|--|
| 6.  |  |  |  |
| 7.  |  |  |  |
| 8.  |  |  |  |
| 9.  |  |  |  |
| 10. |  |  |  |

**Additional Notes**