

Chapter 1 Exercise

When my husband was working through his childhood trauma, he decided to create what he called "A life map." He drew every year he could remember on paper with the corresponding months. He then attached his memories to the correct date on the map. It looked like this:

1978	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
	Event		Event		Event		Event		Event		Event	

Under each of the months, he would place events that were attached to what he believed were trauma. It helped him to recall what was in his subconscious memory. Maybe you could do the same. You can call it your trauma timeline.

Chapter 1 Worksheet

One of the hardest things to do is to recall those memories of pain and abuse. It is difficult for those just starting their healing journey, much less to talk about. On the worksheet below, identify the areas of trauma you have been exposed to. If you can, write how that impacted you.

ACE Event	Your Reflection on the event
Physical Abuse	
Emotional Abuse	
Sexual Abuse	
Physical Neglect	
Emotional Neglect	
Mental Illness in Family	
Parents' Divorce	
Substance Use in the Home	
Domestic Violence	
Loved One Incarcerated	
Bullying	
Other	