

## Personal Timeline

### Construct a timeline of your life

**If you find the process of writing your timeline difficult for any reason, plan to spend no more than 30 minutes on writing it or skip this altogether.**

It is very important with homeopathy to know your history, as symptoms usually have an “event” which triggered them. Please write all major events in your life from birth to the present day in chronological order along with your approximate date and age you were at the time.

If you are filling out this form for a child, create the child’s timeline and mention any unusual trauma, stress or emotions surrounding the mother’s pregnancy.

Write the symptoms experienced at moments of trauma or symptoms which you can relate to those traumas.

The end product should be a chronological list of major events in your life, either emotional or physical, including any times when new symptoms appeared or when a deviation of health, such as a lack of energy, etc. was noted. Please be sure to include at least the following:

- Marriages and divorces
- Number of children (if a mother)
- Accidents (fall off of bike, broken leg, hit with baseball, etc.)
- Excessive Joys (weddings, surprises)
- Grief and loss (separated from parents, best friend died, miscarriage, heartbreaks, disappointments, etc.)
- Surgeries and medical interventions
- Emotional challenges and interventions
- Trauma (rape, incest, children in prison, etc.)
- Diseases/traumas your mother had while she was pregnant with you
- Other Stress of any kind: work, personal, family
- Mention any recurring dreams you have had or are having.

Please make sure you have at least one page if you are an adult outlining the major events of your life.