The Healing TIMELINE

Memory Worksheet for the Participant

Name _____

Date of Birth_____

Directions for Completing this Worksheet: Please fill in the chart below with your age, or year, beginning as young as you can remember. The goal is to recall a memory from each age, not necessarily negative or positive, but as neutral as possible. If your only recall is negative or positive, then just fill in as much as possible for the years or ages you can remember.

Year optional	Age	write neutral memory (short phrase)

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