

# Timeline Exercise

Please watch the following video to learn more about how I use the Timeline Exercise, myself and with my clients: <https://abbymedcalf.com/timeline-video>

Over the last decade or so, a new field of research called narrative identity has emerged. Basically, it's the idea that the stories we tell ourselves are a direct reflection of our personalities. Change the story, change your personality characteristics.

Your narrative identity is basically the story of your life. How you understand your narrative contributes immensely to what actions you do or don't take and what goals you set for yourself. There are many challenges in your life story - how you confront and deal with those challenges is a major shaper of who you are.

Taking some time to write down what you consider to be the people, events and experiences that have had the greatest impact on your life is a great step towards identifying how you've shaped your life story.

On the next page you'll find your Timeline Exercise Template. Write down the more positive things that have happened above the line and note the things/people/events you deem as negative below the line.

After you write down these experiences, step back and take a look. What do you notice? Are there themes? Do all the good events involve food or your best friend? Do all the bad events involve alcohol? Do you have more good events listed than bad or vice-versa? Was it very hard to recall certain events? Take a few minutes and really think about what your take-a-ways are from doing this exercise.



# *Timeline Exercise Template*

A large, empty rectangular box with a black border, intended for a timeline exercise. A horizontal black line is drawn across the middle of the box, extending from the vertical line on the left to the right edge of the box.