WORKSHEET 116 · FOR THE PSYCHOLOGIST

My lifeline

Placing the important moments of my life on a single line

AIM

Give an overview of the person's story: important events, ups and downs, periods of resources. A support for history taking and narrative work.

WHO IT IS FOR

Start of therapy, a period of transition, the feeling of "not knowing who I am any more", preparation for EMDR work (time line of the clinical history).

DURATION

30-45 min in session, to be completed at home

HOW TO RUN IT

1. Draw a horizontal line: birth on the left, today on the right; above, the pleasant things; below, the difficult ones.
2. The person places 6 to 10 moments, with their age and a word, without telling the details.
3. Rate each moment from -5 to +5 and join the points to see the shape of the curve.
4. Look together for the periods of resources and those to come back to later.

POINTS TO WATCH

> Going back over one's life can bring up painful memories. At home, the instruction is to write just one word for a difficult moment, without going into detail; work on traumatic memories is done in session (EMDR, NET), once there is enough stabilisation.

REFERENCES

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McAdams, D. P. (2001). The psychology of life stories. Review of General Psychology, 5(2), 100-122.

PSYCHOLOGIST'S NOTES

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WORKSHEET 116 · WORKSHEET TO HAND OUT

My lifeline

Your life isn't just its problems. Placing the important moments on a line helps you see the whole picture: the difficult periods, but also those in which you held on, learnt, loved.

1. Write 6 to 10 important moments, from the oldest to the most recent.
2. For each one: your age (or the year) and a word or short phrase.
3. Give it a rating from -5 (very difficult) to +5 (very pleasant).
4. If you like, draw the curve on a piece of paper and note what you observe.

Age or year	The moment (a word, a phrase)	Rating -5 to +5	What I take from it

Looking at my whole line, I realise that:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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