

Lifeline - your past as a key to your future

Time: about 30 minutes

This exercise invites you to reflect on your life so far: your formative influences (people and events), past changes you have experienced and how you coped with them. Being aware of our past can help us to value the good times and to accept, or at least to understand times of distress. We cannot change the past. But we have choices about how it influences and inspires our present and future.

Instructions

- Above the chart write your date of birth and today's date.
- Below the chart make a scale for your age in 5 or 10 year intervals
- Note good times or events above the chart and difficult times below it.
- Draw a line like a temperature chart to show how you felt about your life from your earliest memories to the present day.

Notes about good times and events

	Date of Birth/...../.....		Today's date/...../.....
Years ↓	↓		↓
Good times			
OK			
Distress			
Ages 0			... now

Difficult times or events

- Review:**
- What happened in the year before and after the low points?
 - What turning points helped you to new highs? How did you change?
 - Are there any connections between study or work and personal events?
 - How do your experiences compare with the description of transitions*?
 - You can draw similar charts on a larger scale for periods with many changes.