

Personal Timeline

Use this table to identify significant events in your life, what you learnt about yourself and how this shaped your beliefs. Sometimes our personal beliefs can be influenced by difficult or painful events, periods where we did not receive the emotional support we needed or times of personal risk and danger. Other times, we may find that we developed unhelpful or unrealistic beliefs in spite of supportive and healthy early life experiences.

Age	What Happened?	What Did I Learn?	How Did This Shape My Beliefs?
3-7			
8-11			
12-16			
17-21			
22-25			
26-35			
36+			