Life timeline

The events that shaped you — an overview that telling the story doesn't give.

> When you tell your story you keep to the version you already know. Writing it out brings up what you leave out every time. **The gaps say as much as the entries**, and events crowded into a short period explain a great deal.

Events that helped

AGE	WHAT HAPPENED	HOW I FELT	WHO WAS WITH ME

Events that hurt

AGE	WHAT HAPPENED	HOW I FELT	WAS I ALONE?

What I notice

Which period is the most crowded?

Where is the longest gap, and what was happening then?