Start by filling in the year you were born unger “0” and continue until your present age. Next, populate the location line with where you lived at that time of your life. Consider the cities/states, countries, schools, military posts, deployment locations, FOBs, or home locations at each age. Then reflect on what happened there at that time and enter an A, B, C, D, or E to represent the type of trauma experienced at that time and location.

Year:

Year:

Year:

Year:

Age

Trauma

Location

Trauma

Location

Age

Age

Trauma

Location

Age

Trauma

Location

60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79

40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19