

How To Create a Timeline for Lifespan Integration (LI)

Lifespan Integration is a cutting edge therapy based on the latest neuroscience and attachment research. I use LI with most clients at some point in time so it can be very useful to complete your timeline in advance.

Creating a timeline can be simple for some and very difficult for others. If you find that creating your timeline is too emotionally difficult or if you seem to not be able to remember past events, I will help you complete your timeline in session.

- Your timeline will need to be very legible to me so it is best if you type it and bring it in with you.
- Children age 4-10 will need 4 memories per year, Children age 10-15 will need 3 memories per year, young adults age 15-20 will need 2 memories per year, adults over 20 will only need 1 memory per year
- Memories can be insignificant but don't leave out traumas, major transitions and moves, or life changing events
- The best memories for a timelines have sensory qualities; IE smells, tastes, pain / pleasure, ect.
- Don't worry if you can't remember the exact years. What is most important is that you have your memories in chronological order.
- Mark traumatic memories on your timeline with a (T) next to them.

Birth: Born July 1994

Vaginal Birth on time, Stuck in birth canal, came out blue, put in an incubator on O2 for 3 days

First Two Years of Life:

No known trauma other than had tubes put in my ears at age 1. Mom was suffering from postpartum depression.

1997	2	Blue birthday cake with Elmo on it
1998	3	Holding my brother John for the first time
1999	4	Fell off playground equipment and had stitches
2000	5	Parents fighting about custody of me
2001	6	Blue rug for story time
2002	7	(T) I was attacked by a dog