

## Trauma Timeline Worksheet

Choose one or two words to identify the events. If you begin to feel overwhelmed, please stop the exercise immediately. Consider completing the exercise in-session or just before session.

Prenatal Events: Legacy and environment into which you were born. Any happenings prior to birth that may have negatively affected parents and/or siblings, e.g. death of a family member, parent or grandparent; having sibling(s) who were ill; mother or father who were ill; parental unemployment or other family hardship/stressor.

0-18 months: Any events that negatively impacted you or the family unit. Parental loss of employment or income. Death, divorce or separations of any kind, including parental, sibling or infant illnesses (colic, pneumonia etc.). Any memories of being frightened or scared? Anything else that feels relevant?

For more information, contact the Office of the Vice President for Research and Economic Development at 319-273-2500 or [research@uiowa.edu](mailto:research@uiowa.edu).

18 mos-3 years: Events that negatively impacted you or the family unit. Parental loss of employment or income. Death, divorce or separations of any kind, including parental, sibling or childhood illnesses/hospitalizations. Any memories of being frightened or scared by anyone or anything? Was either parent frightened or frightening? Any negative aspects of pre-school or daycare? Anything else that feels relevant?

3 years to 5 years: Events that negatively impacted you or the family unit. Parental loss of employment or income. Death, divorce or separations of any kind, including parental, sibling or childhood illnesses/hospitalizations. Any memories of being frightened or scared by anyone or anything? Was either parent frightened or frightening? Any negative aspects of pre-school or daycare? Anything else that feels relevant?


5 years -8 years: Events that negatively impacted you or the family unit. Parental loss of employment or income. Death, divorce or separations of any kind, including parental, sibling or childhood illnesses/hospitalizations. Any memories of being frightened or scared by anyone or anything? Was either parent frightened or frightening? Any negative aspects of grade school? Trouble with other students or teachers, etc.? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?


8 years to 12 years: Events that negatively impacted you or the family unit. Parental loss of employment or income. Death, divorce or separations of any kind, including parental, sibling or childhood illnesses/hospitalizations. Any memories of being frightened or scared by anyone or anything? Was either parent frightened or frightening? Any negative aspects of grade school? Trouble with other students or teachers, etc.? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?



12 years to 15 years: Events that negatively impacted you or the family unit. Parental loss of employment or income. Death, divorce or separations of any kind, including parental, sibling or childhood illnesses/hospitalizations. Any memories of being frightened or scared by anyone or anything? Was either parent frightened or frightening? Any negative aspects middle/high school? Trouble with other students or teachers, etc.? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?


15 years to 18 years: Events that negatively impacted you or the family unit. Parental loss of employment or income. Death, divorce or separations of any kind, including parental, sibling or childhood illnesses/hospitalizations. Any memories of being frightened or scared by anyone or anything? Was either parent frightened or frightening? Any negative aspects of high school? Trouble with other students or teachers, etc.? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?

18 years to 22 years: Any overt traumatic events? Any events that may not be considered universally traumatic, but when recalled the event "lives" exactly as it was experienced? Events that negatively impacted you or the family unit. Loss of employment or income (yours or your parents) . Death, divorce or separations of any kind, including from parents, partner, friends siblings. Any negative aspects of school or work environment? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?

22 years-30 years: Any overt traumatic events? Any events that may not be considered universally traumatic, but when recalled the event "lives" exactly as it was experienced? Events that negatively impacted you or your family of origin or family of choice? Loss of employment or income (yours or your parents) . Death, divorce or separations of any kind, including from parents,

partner, friends siblings. Any negative aspects of school or work environment? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?

30 years to 40 years: Any overt traumatic events? Any events that may not be considered universally traumatic, but when recalled the event "lives" exactly as it was experienced? Events that negatively impacted you or your family of origin or family of choice? Loss of employment or income (yours or your parents) . Death, divorce or separations of any kind, including from parents, partner, friends siblings. Any negative aspects of school or work environment? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?

40 years to 50 years: Any overt traumatic events? Any events that may not be considered universally traumatic, but when recalled the event "lives" exactly as it was experienced? Events that negatively impacted you or your family of origin or family of choice? Loss of employment or income (yours or your parents) . Death, divorce or separations of any kind, including from parents, partner, friends siblings. Any negative aspects of school or work environment? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?

50 years to 60 years: Any overt traumatic events? Any events that may not be considered universally traumatic, but when recalled the event "lives" exactly as it was experienced? Events that negatively impacted you or your family of origin or family of choice? Loss of employment or income (yours or your parents) . Death, divorce or separations of any kind, including from parents, partner, friends siblings. Any negative aspects of school or work environment? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?


60 years to present: Any overt traumatic events? Any events that may not be considered universally traumatic, but when recalled the event “lives” exactly as it was experienced? Events that negatively impacted you or your family of origin or family of choice? Loss of employment or income (yours or your parents) . Death, divorce or separations of any kind, including from parents, partner, friends siblings. Any negative aspects of school or work environment? Any sexual or physical assaults? Any unwanted sexual advances-overt or implied? Anything else that feels relevant?