

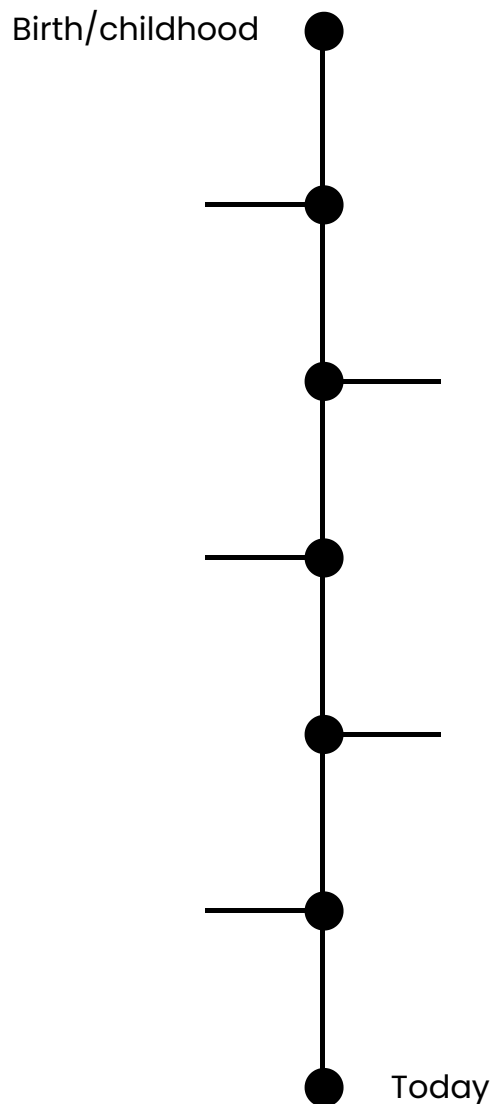
TRAUMA TIMELINE WORKSHEET

Icarus Wellness & Recovery Idaho

1 - Prepare to Manage Traumatic Memories

Before you begin processing traumatic memories, identify a grounding technique (like deep breathing or the 5-4-3-2-1 method) to use if you feel overwhelmed.

2 - The Trauma Timeline



3 - Writing Your Trauma Narrative

For each event on your timeline, write 3-4 sentences describing the facts of the event. This will help you externalize your trauma narrative. Use additional sheets if needed.

Event #1

Event #2

Event #3

Event #4

Event #5



4 - Personal Strengths Inventory

List the personal strengths you relied on to get through the hard times on your timeline. (Examples: bravery, persistence, faith, or humility)

Strength	How it helped

5 - Re-entry & Reflection

Notice three things you can hear or see in your immediate surroundings right now to return to the present.

