

Guide to Developing a Time Line

These suggestions are organized in categorical form. However, when the body heals, it does so generally in reverse chronological order. ***PLEASE ORGANIZE YOUR TIMELINE CHRONOLOGICALLY ACCORDING TO THE SAMPLE FORMAT.***

Physical

- **Pre-birth and Birth:** Any drugs, alcohol, smoking, vaccines or severe illnesses in mother; amniocentesis, ultrasound, difficult labor also consider any emotional shocks to mother.
- **Vaccinations:** Dates, if possible, of each vaccination; flu shots; military immunizations.
- **Accidents:** Car accidents, falls; blows to the head; concussions; broken bones.
- **Surgical Interventions:** Tonsillectomies, appendectomies, dental,, etc.
- **Drug Use:** List as closely as possible name or type of all Rx drugs (including hormones), long-term over-the-counter and any recreational drugs. Also adverse reactions or side effects.
- **Illnesses and infections:** Lyme disease, mononucleosis, Epstein-Barr, measles, chickenpox, mumps, TB, pneumonia, etc. Please list any prescribed drugs.
- **Electrical Shocks, poisonings or toxic exposure:** Chemical, lead, food (botulism), X-rays.

Mental/Emotional

- Traumas **involving loss, abandonment, grief, betrayal** (i.e., death, loss of trust, relationship breakups, loss of independence, job loss).
- Traumas involving great **fear or anxiety**.
- Traumas involving **anger indignation, humiliation**, particularly where the emotions were suppressed or “swallowed”.
- Traumas involving **abuse**, whether mental emotional, physical, sexual, or spiritual.
- Traumas involving **guilt**.

Note: This is *NOT PSYCHOTHERAPY*, but a part of homeopathic treatment and healing. The details of emotional traumas are not necessarily important for the healing to occur; rather it is the emotions involved in each trauma and their intensity, which need to be identified. ***This is your unique roadmap to help us help you heal.***

SAMPLE TIME LINE:

PRE-BIRTH / BIRTH:

3 ultrasounds during pregnancy
mom in minor car accident during pregnancy

1st year / 1988:

Nov- Immunizations given: DPT, OPV, HIB (please note any reactions, changes in child's behavior, high fever, respiratory difficulties, etc)

2nd year / 1989:

Feb- fell off bed & hit head – visit to emergency room – CAT scan
Aug- ear infection, Rx Augmentin
Sept- mom pregnant w/2nd child

3rd year / 1990

May- Dad lost job / much family stress
Sept- began preschool; separation difficult

2005

Feb- 1 wisdom tooth removed in office – gas, 1 Xray