

## GUIDE TO DEVELOPING A TIMELINE

Please place all shocks in a **chronological order** starting from conception/birth, **or** from the present and working your way back in time. The following types of events should be considered as possible shocks or traumas:

PHYSICAL	
Pre-birth	any drugs, alcohol, smoking or severe illnesses in mother (particularly of a viral nature); also consider any emotional shocks to mother during pregnancy or in mother/father at time of conception (see section on emotional traumas below); ultrasound or other invasive testing.
Birth	mother had difficult labour; forceps used; use of anaesthetics on mother; late breathing or other possible oxygen deprivation, ultrasound, amniocentesis
Vaccinations	dates, if possible, of first vaccination of each kind received
Accidents	car accidents, falls, blows to the head, concussions, broken bones, animal bites
Surgical Interventions	such as tonsils, appendix, adenoids, dental, abdominal (including Caesarean sections); circumcision, vasectomy, hysterectomy
Drug Use	antibiotics, anti-depressants, recreational drugs, etc.
Hormones	birth control pills, hormone replacement therapy, IVF, etc.
Severe Infections	such as Lyme disease, mononucleosis, Epstein-Barr, Guillain Barre, measles, chicken pox, mumps, TB, pneumonia, Scarlet Fever, etc.
Electrical Shocks	including medical treatment
MENTAL/EMOTIONAL	
	Traumas involving <b>loss, abandonment, grief, betrayal</b> (e.g., death, loss of trust, relationship break-ups, loss of independence, job loss)
	Traumas involving great <b>fear/anxiety, stress</b>
	Traumas involving <b>anger</b> and <b>indignation/humiliation</b> (particularly where the emotion was suppressed/"swallowed"), <b>guilt</b> (mostly that someone tries to put on you)
	Feelings of <b>envy</b> or <b>jealousy</b> , or <b>guilt</b> that you put on yourself, <b>self-blame, shame</b>
	Traumas involving <b>abuse</b> , whether mental, emotional or sexual
	Note: Some emotional traumas can involve a combination of emotions.



# CLINIC FOR HEILKUNST MEDICINE

## TIMELINE EXAMPLE

MAY 2009	H1N1 vaccine
MARCH 2009	regular flu vaccine
OCTOBER 2008	Amoxicillin antibiotic for ear infection had with the flu
APRIL 2008	parents got divorced – felt angry, violated
NOVEMBER 2006	Cortisone shots for pain from sprained ankle
SEPTEMBER 2004	grandmother died, very traumatic for me – angry, sad
JULY 2001	suffered whiplash from a car accident
APRIL 1999	antifungal drug for a yeast infection
1990-1995	on meds for chronic migraine headaches
1987	broke my leg skiing
1985	dental work – had 3 mercury fillings and general anesthetic
1984	MMR vaccine booster shot
1982	baby brother was born – I was jealous and felt a sense of loss (of attention)
1980	original MMR vaccine
1978	DPTP/Hib vaccine 3 times, 2 months apart
1977	birth with forceps delivery, C-section
PRE-BIRTH	mother had amniocentesis, very stressed during pregnancy, multiple ultrasounds, mother smoked during pregnancy