

# Critical Life Events Log

Throughout the life course many significant life events occur in our lives. We often forget or try to forget them for various reasons. Yet, even if forgotten, these events may still impact your life. Each column represents a year in your life (year is indicated at the top of the column). In the columns below stack the letter and shape of the events as indicated. *See example on following page of Gina's life events.* Record your symbols and their meanings in the appropriate log to the right using these guidelines:

**Normal Life Events** put first letter and ○ circle (IE: Started Kindergarten= , Graduated High School= , Started Dating= , etc... )

**Traumatic Life Events** put first letter and □ square (IE: Accident= , Divorce= , Death in Family= , etc...)

**Significant Positive Event** put first letter and ▲ triangle (IE: Won Sweepstakes= , Fell in Love= , Birth of Child= , etc...)

**Most Significant Events** in your life and ∞ infinity (IE: Met Spouse= , Moved to Maine= , etc...) *These are simply examples, make up and use symbols that work for you.* After you log your life events answer the following questions designed to help you understand their significance in your life's course and experiences:

## QUESTIONS:

### Normal Life Events

1) Which years were major turning points in your life?

2) Looking back, which normal life event was the most helpful to you? What might have been different in your life, had that event not occurred?

3) Which normal life event did not occur in your life which you see would have made a significant difference?

### Traumatic Life Events

4) Which were the years of trauma in your life?

5) Of all the traumatic events, which one appears to be most damaging at this point in your life, why? Can anything be done now to reduce the negative impact on you from this trauma?

6) What would have been the worst traumatic thing that could have happened but didn't, why?

### Significant Positive Events

7) In which years did the positives occur?

8) Which was the single most positive significant event in your life, why? How much did you personally do to bring about this event?

9) Where would you be had the event not occurred, why?

### Most Significant Life Events

10) What year or years were the most significant? How did the events change the course of your life?

11) If you could undo any one of them, which would it be, why?

12) Which significant events lie before you in your life? What will they bring?

First Twenty Years of Your Life																				Normal Life Events Log: ○	Traumatic Life Events Log: □	Significant Positive Events Log: Δ	Most Significant Life events Log: ∞	
0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1	19	2				
1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8		0					
Second Twenty Years of Your Life																								
2	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3	39					4
1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8		0	+				