**Re-Framing Timeline**

For each point along the timeline identify a key event, missed opportunity, or decision you made in the past that you sometimes have regrets over or experience negative symptoms due to the event. For example, if one you identify the negative thought, “I wish I would have started school sooner”, choose a shape along the timeline where this decision point falls chronologically and next to the matching shape below write “I regret not starting school sooner”. Then after you complete as many as you can, go to the next page and identify one positive lesson or result this event point could offer. The point is to challenge negative thoughts and to identify the “silver lining” that is part of every decision or event. It does not mean you dismiss any trauma or negative behavior of others, it is simply to lessen the negative impact of past events on your present life. An example is provided using the below.

Today

Birth

**I should have started school  
 sooner instead of waiting.**

Because I waited to start college I was able to gain some   
 life experience before starting. I was able to be more   
 mature and committed.