



My Attachment Trauma Timeline

MAKING SENSE OF MY STORY

Use this timeline to reflect on your life. Write about important events, people, feelings, and patterns in each stage. Take your time. You can skip sections or come back to them later.

*We are going to
get through this together.*

0 – 5
Early Childhood

5 – 10
Childhood

10 – 15
Pre-Teen Years

15 – 20
Teen Years

20 – 25
Early Adulthood

25 – 30
Young Adulthood

30 – 35
Building My Life

35 – 40
Mid-Adulthood

40 – 45
Midlife

45 – 50
Transitions

50 – 55
Later Adulthood

55 – 60
New Chapters

60 – 65
Continuing My Journey

65 – 70
Wisdom Years

75 – 80
Legacy