

# GOOD THINGS/BAD THINGS TIMELINE

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

	BAD THINGS THAT "SHOULDN'T HAVE HAPPENED" TO YOU Distressing, Disturbing or Traumatic Events	GOOD THINGS THAT HAVE BROUGHT YOU COMFORT Positive People, Events, Achievements
Birth		
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Age	BAD THINGS THAT "SHOULDN'T HAVE HAPPENED" TO YOU	GOOD THINGS THAT HAVE BROUGHT YOU COMFORT
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