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| SOUL REMEDY HOLISTIC CLINIC  Truth - Acceptance - Freedom  GUIDE TO DEVELOPING A TIMELINE  **PHYSICAL***-* Consider the following as possible shocks:  ● *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 anesthetic on mother; late breathing or other possible  oxygen deprivation  ● *Vaccinations:* Dates, if possible of initial vaccination of each kind received (can usually ignore booster shots). ● *Accidents:* car accidents, falls, blows to head, concussions, broken bones. ● *Surgical interventions:* e g. Tonsils, appendix, adenoids, dental, abdominal (including Caesarean sections);  circumcision, vasectomy, hysterectomy  ● *Drug Use:* antibiotics, anti-depressants, recreational drugs etc.  ● *Hormones:* birth control pill, hormone replacement therapy  ● *Severe Infections:* eg. Lyme disease, mononucleosis, Epstein-Barr, measles, chicken pox, mumps, TB, pneumonia, etc. ● *Electrical Shocks*: (including medical treatment)  ***MENTAL/EMOTIONAL*** *-* Consider the following as possible shocks ● Traumas involving loss, abandonment, grief, betrayal (eg. Death, loss of trust, relationship breakups, loss of independence, job loss) ● Traumas involving great fear/anxiety ● Traumas involving anger and indignation/humiliation (particularly where the emotion was suppressed (“swallowed”) ● Feelings of guilt, envy or jealousy ● Traumas involving abuse, whether mental, emotional or sexual  SAMPLE TIMELINE  2002 August - Laid off from work, period of high stress – headaches began  2001 January - Severe Bronchitis – 4 weeks in bed, antibiotic use, exhaustion  2000 Broke left leg skiing - scared  1999 colonscopy  1998 March – grandfather died - sad, guilty  1998 Jan – root canal  1993 February – went away to university – missed my family  1992 September- allergy shots  1992 March – allergy shots  1991 July – co-worker spreading rumors about me - angry  1990 June - Break-up of serious relationship – many months of sadness  1989 September -didn’t make the volleyball team  1985 October - failed an exam at school - very upset with myself  1984 September – nervous to start highschool  1983 December – got drunk - guilty  1979 April – broke my arm at school - scared  1983 Winter - Parents got into a big fight - scared  1979 May - family dog died – first experience of death, sadness  1975 September - MMR Vaccine – original  1972 July - MMR Vaccine – original  1971 November – Hep B Vaccine  1970 January – mom induced; antibiotics drops in eyes; born blue – cord wrapped around neck  Pre-birth - mom got into a car accident – air bags. Mom was very scared. |