

FACT TIMELINE

NAME:

As you complete your timeline, have a person in mind. Write their name at the top if it helps. Reflect on how they relate to you and how you relate to them throughout the day.

	ACTIONS	THOUGHTS	FEELINGS
MORNING <i>6:00AM – 12:00PM</i>			
AFTERNOON <i>12:00PM – 6:00PM</i>			
EVENING <i>6:00PM – 10PM</i>			
NIGHT <i>11:00PM – 6:00AM</i>			

FACT TIMELINE

Use this second page as a resource as you complete the Fact Timeline. The purpose of a fact timeline is to layout the reality of what happened with you and an individual on any given day. Review below for a definition of actions, thoughts, and feelings and for examples of how you can fill in your fact timeline.

Actions: What you are doing or what they did to you.

Thoughts: Based on those actions, what were your thoughts?

Feelings: How did those actions make you feel?

ACTIONS	THOUGHTS	FEELINGS
<ul style="list-style-type: none"> - They never called back. - We talked all night. - They got mad at me for not answering the phone. - I got drunk and went out after our fight. - I couldn't sleep. - I slept all day. - I stopped answering my phone. 	<ul style="list-style-type: none"> - I am not good enough. - I do not feel anything at all. - I will never love again. - I have made a mistake. - I should have never met them. - I should have met them sooner. - I need to move on. - This is a sign. 	<ul style="list-style-type: none"> - I feel worn out and tired. - I am angry. - I am so sad. - I feel unworthy. - I feel strong and powerful. - I am finally content. - I am happy. - I am excited. - I am miserable.