

FACT TIMELINE

NAME: Rebecca

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>	<ul style="list-style-type: none"> - She called me to tell me about what happened last night - I told her I needed to call her back because I had a work meeting 	<ul style="list-style-type: none"> - I am excited to here from her. - I was busy and she would be understanding about my work schedule. 	<ul style="list-style-type: none"> - I am instantly excited.
AFTERNOON <i>12:00PM – 6:00PM</i>	<ul style="list-style-type: none"> - I call back and she doesn't answer. - She texted me and said do not bother calling back. 	<ul style="list-style-type: none"> - I do not understand why she is making this an issue. - I probably should call them back again, but I really care that much. 	<ul style="list-style-type: none"> - I am exhausted and tired of this conversation.
EVENING <i>6:00PM – 10PM</i>	<ul style="list-style-type: none"> - She calls to say that I did not care because I didn't make time for her. - I apologize but explain the situation. 	<ul style="list-style-type: none"> - I having the same conversation with her over and over again. - I want this to be resolved by any means necessary at this point. 	<ul style="list-style-type: none"> - I am irritable and getting a bit frustrated.
NIGHT <i>11:00PM – 6:00AM</i>	<ul style="list-style-type: none"> - She spends another hour discussing why I hurt her. - Get off the phone with her and call another friend to vent about it 	<ul style="list-style-type: none"> - Maybe I am a bad friend. I may be too callous. - I wish this didn't bother me so much. 	<ul style="list-style-type: none"> - Sad, but relieved to be done with the conversation.