

CURVES IN THE ROAD

The 6 Cs

As you begin to make your timeline, we want to especially look at the events, relationships, and circumstances that had meaningful and/or distressing impact on you. These are the curves in your road of life. The things that made the journey unexpected, abrupt, memorable (for good or bad), and impactful to you. If you are married, these can be things that included your spouse, are independent from them, or things they are less familiar with.

6 Cs

CHANGE: *Change of location, job, or status - can be good, neutral, or difficult*

CONCERN: *Something under the surface that you are or have worried about. For example, aging parents, child's education, finances, etc.*

CRITICISM: *Internal or external criticism of yourself, the expression of disapproval of someone or something based on perceived faults or mistakes*

CONFLICT: *Internal or external conflict with yourself and/or others - a serious disagreement or argument, typically one that has lasted a long time*

CRISIS: *A time of intense difficulty, trouble or danger that you experience*

CELEBRATION: *Accomplishments, milestones, breakthroughs that you experienced*

PERSONAL TIMELINE

Look at each of the "Cs" above and assign them to your story as you label the events and relationships. You can color code each "C" if you like, picking the colors of each that you like. If you would like, you can use icons as well (e.g. travel bags, conflict, people, etc). Do not get too artsy, but make the timeline your own and in a way that makes sense to you.