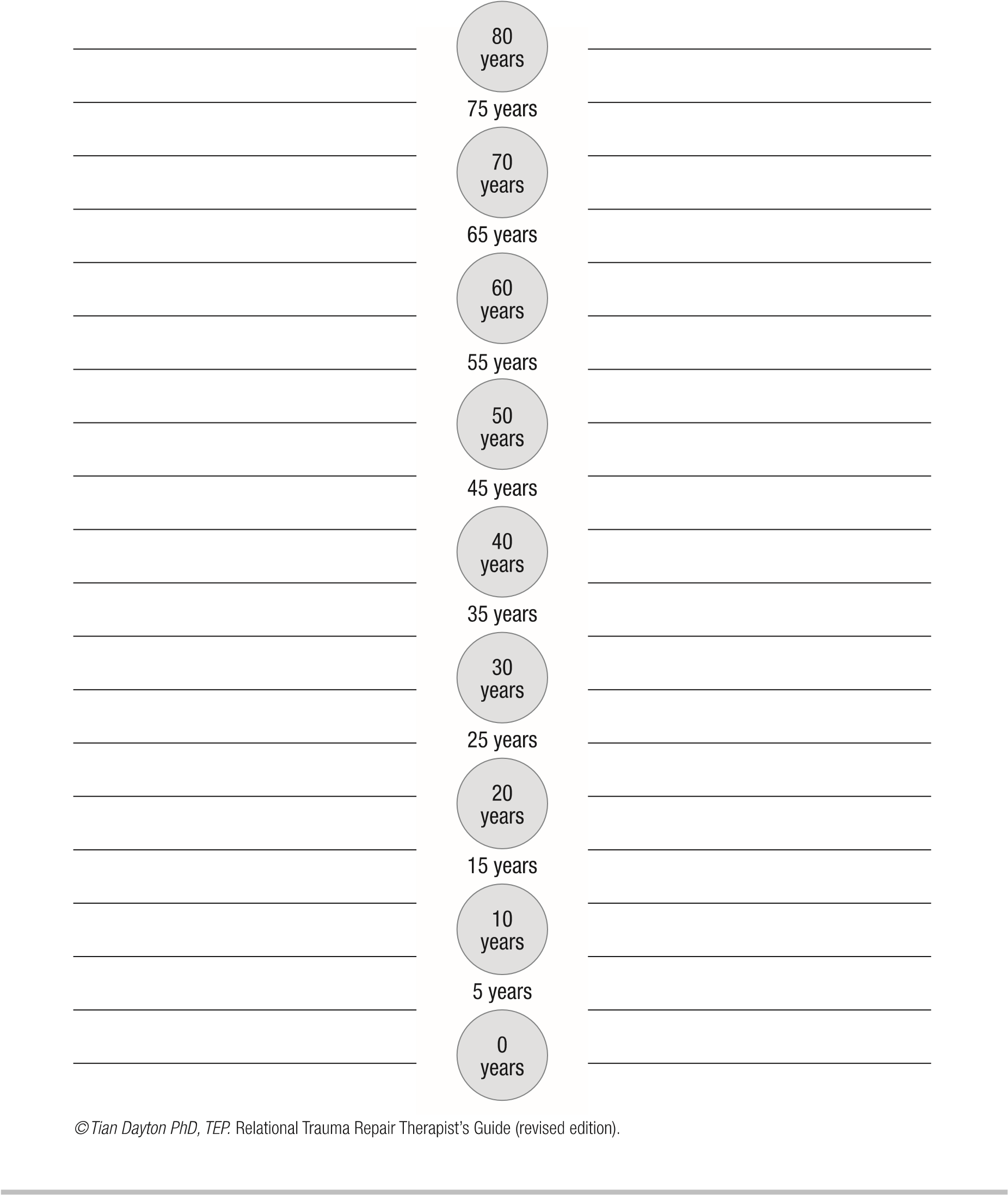
#### THE TRAUMA TIMELINE

Jot down whatever incidents or relational dynamics from your own life, that felt highly stressful, painful, or traumatizing to you.



*Resilience Timeline*

A white rectangular object with black text

Description automatically generated