

RECOVERYOU

CHART YOUR LIFE

// ABOUT THIS WORKSHEET

This worksheet is a companion to the **Chart Your Life** timeline. Its purpose is simple: to help you understand your story with clarity and compassion.

The goal isn't to judge your past or shame your decisions — it's to see how stress, trauma, environment, and survival strategies shaped the path you walked. Use this space to capture the details that won't fit on the graph: memories, life events, substances, behavioural patterns, or any context that helps the timeline make sense. You don't need full sentences or polished writing. Just honest notes.

MOST IMPORTANTLY

This is not a test. Not a diagnosis. Not an invitation to shame yourself or anyone else.

It is a tool for grounding, understanding, and reclaiming your own narrative. If anything feels overwhelming, pause — and return when you're ready. Your safety matters more than finishing the exercise. The point was never to relive the pain. It's to finally understand it.

// WHAT YOU MIGHT NEED — optional, but helpful

- ♦ A few coloured pencils or markers — one colour per category makes patterns easier to see
- ♦ A ruler — for cleaner, easier-to-read lines across the grid
- ♦ A highlighter — to mark key events or moments of clarity as they surface
- ♦ Scrap paper or sticky notes — for sorting memories before committing them to the chart
- ♦ A quiet space — this exercise can bring up emotion; calm helps
- ♦ A support person or therapist — optional, but encouraged if you're moving through difficult material

HOW TO USE THIS PAGE

- 1 Review each category and fill in what applies to you.
- 2 Write details, memories, examples, or patterns — whatever helps the timeline make sense.
- 3 Shorthand **“That Period”** or **“The Event”** if you need to. As long as you know what it means.
- 4 If you feel overwhelmed, pause or complete this with a support person.

PRIMARY ADDICTIONS



- WHEN DID EACH SUBSTANCE OR BEHAVIOUR BEGIN?
- PERIODS OF ESCALATION, STABILITY, OR COLLAPSE
- PATTERNS YOU ONLY NOTICED AFTER LOOKING BACK

CROSS-ADDICTIONS



- NICOTINE, FOOD, GAMBLING, SEX, SCREENS, WORK, SPENDING
- WHAT SEASONS OF LIFE DID THESE INTENSIFY?
- WHERE DID THEY OVERLAP WITH OTHER STRESSORS?

SIGNIFICANT LIFE EVENTS



- LOSSES, MOVES, BREAKUPS, MILESTONES
- PERIODS OF UPHEAVAL OR UNEXPECTED STABILITY
- ANYTHING THAT RESHAPED YOUR DIRECTION OR BELIEFS

TRAUMA PERIODS



- ONGOING ENVIRONMENTS OF FEAR, NEGLECT, OR CHAOS
- START AND END POINTS — APPROXIMATE IS FINE
- NOTES ON IMPACT: EMOTIONAL, PHYSICAL, RELATIONAL

BEHAVIOURAL PATTERNS — SURVIVAL RESPONSES



- AVOIDANCE, ISOLATION, FAWNING, CONTROL, PERFECTIONISM
- WHEN THESE BEGAN + WHEN THEY INTENSIFIED
- WHAT TRIGGERS THEM — WHAT KEEPS THEM GOING

OTHER NOTES THAT DON'T FIT ON THE CHART

- CONTEXT BEHIND A SPIKE OR DIP
- UNNAMED FEELINGS
- THINGS YOU WEREN'T READY TO INCLUDE EARLIER
- CONNECTIONS YOU'RE NOTICING FOR THE FIRST TIME

REFLECTION — PATTERNS I NOTICED

Write what you see, not what you think you should see.

- WHERE USE RISES AND FALLS
- HOW TRAUMA OVERLAPS WITH BEHAVIOUR
- WHAT EVENTS PRECEDE MAJOR SPIKES
- MOMENTS OF RESILIENCE OR STABILITY

// QUESTIONS TO SIT WITH

What parts of your story make more sense now than they did before?

What patterns feel less like character flaws and more like adaptations to survive?

What surprised you most about what you saw on the chart?

Where might healing begin, based on what you're seeing?

