



Relationship Timeline

Complete this exercise to put your relationship into perspective.

Relationship
• BOOTCAMP •

What is a relationship timeline?

- A relationship timeline is used to record all important events that have occurred during your relationship.
- You can write down the date, place, process, and some significant moments and details.
- Line up the events in chronological order, and you will have a clear view of how your relationship has grown and how your relationship may have become stuck.
- List events, moments, times where you can remember bigger emotions – happiness, sadness, anger, hurt, joy etc.
- Ask yourself these four questions:
 1. How did I feel after this happened? (what did you need/want)
 2. Was this behaviour/moment/time/memory repeated?
 3. How did I process this? (How did you move forward? Does it keep coming up throughout the timeline?)
 4. Does your partner know how you felt?

IT IS WORTH TALKING ABOUT!

Tips: Try and be as direct and specific as you can. Talk to your partner, without blaming them. It is possible to process past emotional times... you can't change the past but you can change your emotional response to it and the way you retell it.

FIRST MET



NOW

