



Lifeline exercise

How we are held in the family field can have a profound influence on our health and wellbeing and so it is important to bring these factors 'into the room' even if we don't address them directly. Use both sides of the line. Start with writing your birthplace and date. List any significant events (moving, illnesses, job changes, loved ones dying, etc) or onset of symptoms in your life. If you don't want to elaborate on the details (it is not necessary for me to know the details!), then simply indicate the relative date(s) and perhaps the emotions that are associated with the event. Use the back to write anything about family members/ancestors that you feel particularly connected to/influenced by. Also please list any siblings, step-parents, missing members of the family (miscarriages, died early, adoption, lost in war, etc) and where they are in the family line and field (father's or mother's side).

