
Mapping Time

Our time in therapy might include answering the question: How did I get here? Oftentimes, it's easy to forget or discount the many factors that contribute to our mental health. Reflect on all your life changes in the past few years—noting global or national, social, and personal shifts of all sizes.

EVENTS & LIFE TRANSITIONS

These might include moments that have stood to you—global or sociopolitical events, graduation, starting/stopping jobs, losses, etc.

SOCIAL, FAMILIAL, INTERPERSONAL CHANGES

How have your relationships changed? Have the people you lean on changed?

EMOTIONAL & MENTAL CHANGES

What thoughts and feelings surfaced in different time periods? What patterns have you noticed emerge?

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FUTURE PLANNING CHANGES

What thoughts and feelings surfaced in different time periods? What patterns have you noticed emerge?

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