

## HEALTH AND LIFE EVENT TIMELINE

In order to better understand your case, please complete the following Health and Life Event Timeline. The Timeline was developed by Dr. James L. Wilson, the author of *Adrenal Fatigue: The 21st Century Stress Syndrome*. In order to help you and your health care practitioner understand how seemingly unrelated life events can be associated with changes in health when viewed together on a timeline.

The broad black line on the chart below represents your life with special emphasis on the six months before a significant change of health occurred. If you are not aware of a significant event, then put the appropriate time when you noticed your health changing.

Complete the following:

I have not felt well since \_\_\_\_\_ (date) when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (describe event).

I cannot remember a specific event, but I noticed my health and energy changing since \_\_\_\_\_ (date).

Use this date or range of dates as the timeline event on the far right. Place that date or range of dates in that box. Above each column is a box. Place the 6 months preceding and including the month of the significant event in those boxes with the last large box to include the months and years before these listed. Then using the event codes a guide, place the events as they occurred in your life on your timeline, using the codes given. Place the code in the column on the left and write a brief description of the event in the next column to the right. Then place a dot on the timeline in the appropriate column for the month in which it occurred and the appropriate date it occurred in the box intersecting the month column and the event row.

[illegible]

## TIMELINE CODES

**Use this page to help you code your timeline**

Code letter	Events	Code letter	Events
<b>A</b>	<b>Accidents/Injuries/Traumas</b>	<b>L</b>	<b>Living Situation</b>
	Examples:		Examples:
	Auto Accidents		Move
	Severe Falls		New Furniture
	Physical Traumas		Location
	Burns		Environment
	Concussions		
	Broken Bones	<b>M</b>	<b>Medical</b>
	Etc		Examples:
			Hospitalization
<b>D</b>	<b>Dental Work</b>		Medical Treatments
	Examples:		Health Conditions
	Root Canal		
	Periodontal Work	<b>O</b>	<b>Other</b>
			This includes any significant event not covered by other codes
	Gum Scraping		
	Gingivitis	<b>P</b>	<b>Began Taking Medications</b>
	Cracked Tooth		Hormones
	Infected or Abscessed Tooth		Recreational Drugs
	Extraction		Changes in Medications
	New Denture		
	Implant	<b>T</b>	<b>Travel</b>
			Examples:
<b>E</b>	<b>Emotional Crises/Changes</b>		Travel to Foreign Countries
	Examples:		Arduous Travel
	Death of Loved One		
	Separation	<b>W</b>	<b>Work Related Changes</b>
	Divorce		Examples:
	Severe Arguments		Job Stress
	Marriage/Family Difficulties		Promotion
			Changes in shifts
<b>H</b>	<b>Changes in Health</b>		Demotions
	Infections		Increased Responsibilities
			Location Change