HOW I'VE BEEN DOING: a timeline for _______________________________ created on _______________________________ because ________________

better

worse

Created by Katie McCurdy • kathryn.mccurdy@gmail.com
WHAT MY BODY FEELS LIKE

TIPS

- Label your time units (on the horizontal x-axis) on the timeline
- Invite a caregiver or partner to help you complete this worksheet
- Use different colors and shapes for different symptoms or issues

NOTES

What did you learn? What questions do you have?
What do you want to remember to say?