

Understanding Why

Exercise 2: Progression Timeline - Part B: Digging Deeper

To further explore and reflect on your timeline, complete the following table in as much detail as possible. Feel free to use the 'Feelings word bank' if needed. Remember to consider the 5 broad classes of activities when filling in the activity's column.

Event	Age	Situation / Life Event – what influenced you to break down the barrier and make the progression?	Activities / Actions – describe the behaviour that you were engaged in.	How were you feeling at the time?	Identify the thoughts that routinely went into each activity.
1					
2					
3					
4					
5					
6					
7					
8					