Clinical Chronology & ATM Discovery Map

Client Name: _____ Date: _____

Purpose

This tool is used to transform your health history from a "snapshot" of symptoms into a "movie" of your life. By identifying the **Antecedents, Triggers, and Mediators (ATMs)**, we can find the "Golden Thread" connecting your past health events to your current concerns.

Section 1: The Soil (Antecedents)

Factors that predisposed you to your current state (Genetics, birth, early childhood).

- **Birth Method:** □ Vaginal □ C-Section
- **Infant Nutrition:** □ Breastfed (Duration: __) □ Formula
- **Childhood History:**
    - Frequent antibiotics? (Ear infections, strep, acne): _____
    - Tonsils/Appendix removed? _____
- **Family History/Genetics:** _____
- **Early Life Trauma/Stressors:** _____

Section 2: The Movie (Chronological Timeline)

Identify the Triggers (The Spark) and the Tipping Point (The moment resilience failed).

Age/Year	Major Life Event (Move, Job, Loss, Injury)	Physical/Mental Symptoms
Birth-12		
13-20		
21-35		
36-50		
51+		

The Tipping Point: Is there a specific date or window where you "haven't been well since"?

Section 3: The Fuel (Mediators)

Factors currently keeping your symptoms going (The "Why it won't heal").

- **Current Diet: _____**

- **Sleep Quality/Duration: _____**

- **Ongoing Stressors: _____**

- **Environmental Exposures (Mold, Toxins): _____**

Section 4: Pattern Recognition (The Golden Thread)

Practitioner Observations: Look for recurring patterns (e.g., Barrier Dysfunction: Skin → Gut → Lungs → Brain).

- **Primary Antecedent: _____**

- **Primary Trigger(s): _____**

- **The "Golden Thread" Pattern: _____**

Next Steps:

1. _____

2. _____

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