

LIFELINE

Media:

- One or more 12 x 18 inch sheets of white paper
- Markers

Directive:

- Draw a continuous line to express your feelings in relation to events and milestones in your life.
- Your lifeline should start at your childhood and continue to the present, starting from the left side of the paper and moving to the right.
- The line is to correspond to your feelings about changes in your life; it should climb up or slide down according to your emotions
- Be as creative as you want with the line; you may change its intensity or color; you may include stair steps, steep curves, spirals, or any quality of line that helps express feelings about the events in your life.
- Each important event is to be identified with a drawn picture or simple symbol
 - Milestones include any important events in life: friendships, births and deaths, beginning school, graduation, marriage, and divorce for examples
- When finished, please make a title for the lifeline and date it

Follow up questions:

- Think about when and how the eating disorder was influenced in the lifeline
- Think about what twists and turns the line made before and after the start of the eating disorder.
- Think about how present you were at each of the milestones
- Make note of any surprising or unexpected findings
- Generate a list of one-word associations to the lifeline
- Respond to the list of word associations