

Mental Health Timeline Worksheet

Have a look at your mental health timeline and then answer the questions in the blank timeline provided next

Describe the most happiest event of your life

Explain emotions and feelings of that event in words

What is the source of your greatest joy?

Describe one of the most turning points in your life?

What did you learn from this experience?

If you could change something about this event, what would it be?

What problems do you continuously face in your

Personal Life?

Social and occupational life?

What do you think is the common reason behind this?