



My Journey: Addiction History Timeline

Mapping Key Moments in Overcoming Addiction



Name: _____

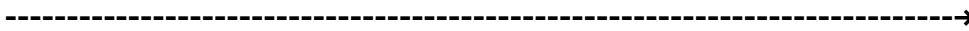
Date: _____

Use the timeline below to map out key moments in your journey. This is not about judgment—it's about understanding your story.

“Your story matters”

Timeline

START



PRESENT

Label sections along the timeline:

- First experiences
- Increased use / changes
- Difficult moments
- Turning points
- Attempts to change
- Where I am now

Write key events along the timeline:

Patterns I Notice

What patterns do I see in my behavior, thoughts, or situations?

Turning Points

What moments stand out as important or life-changing?

What I've Learned

What have these experiences taught me?

Moving Forward

What do I want my next chapter to look like?

What is one small step I can take?

"My past is part of my story, but it does not define my future."