

The Time-Line

What significant experiences in the past have influenced your work as a General Practitioner?

Please read the following briefing carefully before beginning the time-line exercise.

Briefing

You will work individually to prepare your timeline following the directions below. You will then be asked to share your line with a small group so please only record that which you want to talk about.

- **Draw a line across the page**

A _____

- **Decide when your time-line will begin and mark the date on the left hand side represented by point A. The end of the line is the present and will be represented by point B.**
- **Think of all the experiences and influences which have affected you and the way you work as a GP.**
- **Mark them on the time-line with their approximate date, moving from point A to point B.**
- **Think about how they have affected you and in what way.
(Note. It is likely that there will be both negative and positive influences).**
- **Make a note beside the recorded experience on your line.**
- **You may draw pictures, write words or both whichever you prefer.**

Purpose

A gentle opening exercise for beginning to explore and establish where people have come from. It looks at how the past informs the present and makes a connection between past conditioning and current behaviour, thoughts and feelings. It thereby prepares for domainal maps exercises.

