**EMDR - Life Chart**

Detail the key events in your life and the consequences in promoting resourcefulness and/or leaving unresolved issues.

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| Year | Age | Difficult or Key Event Experienced | The event caused these issues…… AND/OR….  I learnt to cope by…….. |
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| Year | Age | Difficult or Key Event Experienced | The event caused these issues…… OR….  I learnt to cope by…….. |
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