

# FREEDOM TO THRIVE

Mark an X on each line to show where you are on the continuum today



Check off each life event that you have experienced

## Death

- Of a parent
- Of a sibling
- Of a spouse / partner
- Of a child
- Of a friend
- Of a pet
- Of a teacher, classmate
- Of a boss, coworker
- Of a public figure

## Relationships

- First love
- Engagement
- Marriage
- Separation
- Divorce
- Reconciliation
- Arguments
- End of a friendship
- Series of unfulfilling, abusive, painful, failed, or dysfunctional relationships

## Family

- Pregnancy, birth, adoption
- Miscarriage, stillbirth, abortion
- Strained relationships with partner, in-laws, child's spouse
- Moving, renovations
- Spouse starts / stops work
- Becoming a caregiver
- Physical, emotional abuse
- Sexual difficulties
- Traditions, holidays, vacations, reunions

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## Health

- Changes in sleeping, eating, exercise, self-care habits
- Injury, accident
- Diagnosis, illness
- Disability
- Lose control of body
- Mental health issues
- Dementia
- Disabled or ill child
- Becoming a caregiver
- Needing a caregiver

## Work

- Start a new job
- Get a promotion
- Passed over for desired job or promotion
- Unhappy in job / career
- RIF, laid off, fired
- Career change
- Office moves location
- Relocate for the job
- Change in job / role
- Reorganization
- Merger / acquisition
- New tools, technology
- Changes in policy, procedures, processes
- Change in working hours or conditions
- Change in leadership, owner, culture
- Trouble with colleagues
- Retirement

## Personal

- Achievement
- Failure
- Modify habits
- Change in recreation, social activities
- Loss of trust, safety, approval, security
- Religious training in childhood
- Change of church, religion, status of faith

## Business

- Start a business
- Buy a business
- Sell a business
- Lose a business
- Lost / declining sales
- Problem employees
- Lose a valued employee
- Discipline issues
- Financial issues
- PR / reputation issues

## Legal

- Minor violation of the law
- DUI
- Imprisonment, incarceration
- Assault
- Domestic violence, abuse
- Sexual assault, incest

## School

- Start school
- Change schools
- Quit school
- Graduate
- Bullying
- Discipline
- Trouble with teachers, admin

## Finances

- Take on a loan, mortgage
- Lose home, eviction, foreclosure
- Debt, repossession, default, bankruptcy
- Change in living conditions
- Win the lottery
- Pawn sentimental items

## Other

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