

## Response Piece: A Future Timeline

### Media:

- One or more 12 x 18 inch sheets of white paper and markers

### Directive:

- Using the same process that you used in the lifeline, depict what you would like your life to look like over the next 10 years. Use detail in line intensity, color, and direction to show the events and emotions that you would like to experience.
- Please use simple pictures and/or symbols to include the important milestones that you would like your life to include such as:
  - Graduation
  - Career milestones
  - Marriage
  - Children
- Be sure to depict what role you would like the eating disorder to have in your life during the next 10 years.
- When the timeline is finished, please title it and put a date on it.

### Homework:

- Compare the lifeline and timeline in your journal, specifically looking at the similarities and differences in the images