

Timeline of Controlling Events

Reminder: the court is most concerned with the impact on the children

How to use this timeline:

Column one (Date/Time/Season): is for the date and time or if you don't remember exactly possibly a season or something that gives you a time frame for what happened. It could center around a significant event, such as a birthday.

Column two (What abuser did) : is to **DESCRIBE** what the abuser did without using the word ABUSE or putting any labels on the behavior. Cover what lead up to a situation to provide context for the reader. For example, he came in mad from work and started ranting and raging about clutter in the living room.

Column three (Impact on Survivor): Describe the **emotional and physical impacts on the survivor**. (Fight, Flight, Freeze, Fawn, Fear); Physical injuries including cutting off your ability to breathe. Emotions you experienced.

Column four (Impact on Children): Describe the **emotional and physical impacts on the children**. This is the most important part for the court to see and understand

How did she use her **protective capacities** to help the children? Resilience skills education? Good touch, bad touch? Setting healthy boundaries? Nurturing, stabilizing emotions, and creating a safe environment.

Add as many rows as needed to complete the document. It may be wise to use this document ongoing to show patterns of behavior. You could color code them according to types of control by highlighting the left hand column.

Date/Time/Season	What abuser did	Impact on Survivor	Impact on Children	Safe Parent Protective Capacities
<p>Summer, 2022</p>	<p>Was angry with a child for getting a “B” on an assignment. Punched the wall during an argument with the oldest when the child tried to explain what happened.</p>	<p>Afraid of disagreeing with husband, avoided disagreements, afraid to intervene to protect child in the moment.</p>	<p>hid in their room, were afraid to come around dad, cowered in the corner or hid and cried, went yelling and screaming out of the room. Fought back by kicking, hitting, or hurting one-another or lashed out, became aggressive, toward you, other children, father. Withdrew and wouldn't speak. Sullen, refused to talk about their feelings, refused to eat or engage with family members</p>	<p>Came into the child’s room and listened to and validated their fears; sat quietly with child, waited for the child to talk about what happened; held child close and sang quietly to them while they cried. Arranged to have time with child to talk through what was on their heart; arranged for child to see their therapist/counselor; engaged in activity with child of their choice;</p>

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