

# Life Experiences by Year

YEAR	PHYSICAL PAIN	EMOTIONAL PAIN	MENTAL ATTITUDES
IE.	<ul style="list-style-type: none"> <li>• Disease</li> <li>• Injuries</li> <li>• Ailments</li> <li>• Chronic Conditions</li> </ul>	<ul style="list-style-type: none"> <li>• Grief/death</li> <li>• Sadness</li> <li>• Bullying/oppression</li> </ul>	<ul style="list-style-type: none"> <li>• How you dealt/are dealing with it?</li> <li>• Do you react with: blame, block the experiences, disconnect, bury it, cover it up, attempt to ignore it?</li> </ul>
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1			
2			
3			
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5			
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7			
8			

<b>YEAR</b>	<b>PHYSICAL PAIN</b>	<b>EMOTIONAL PAIN</b>	<b>MENTAL ATTITUDES</b>
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			

<b>YEAR</b>	<b>PHYSICAL PAIN</b>	<b>EMOTIONAL PAIN</b>	<b>MENTAL ATTITUDES</b>
19			
20			
21			
22			
23			
24			
25			
26-30			
30-35			
35-40			

<b>YEAR</b>	<b>PHYSICAL PAIN</b>	<b>EMOTIONAL PAIN</b>	<b>MENTAL ATTITUDES</b>
40-45			
45-50			
50-55			
55-60			
60-65			
65-70			
70-75			
75-80			
80-85			
85-100			