

My Fibromyalgia Journey. It usually begins years sooner than you started, often in childhood. Write down your health history and symptoms as best you can for each stage in life to the best of your ability. If possible, do this with a parent or sibling to get valuable insights you may not fully appreciate. Also, share your family life. Include stresses and challenges you may have gone through during each stage. Share your school life. What were your strengths and struggles as a student? Were you bullied, or were you a bully? What extracurricular activities did you get involved in? Did you have any special interests? What life events like marriage, divorce, living with a partner, birth of a child, death of a loved one, severe illnesses, or trauma did you experience? Feel free to add any other significant life events. Add any medical or psychiatric diagnoses, treatments, and medical evaluations you had.

Birth to 5

Ages 5-10

Ages 10-15

Ages 15-20

Ages 20-25

Ages 25-30

Ages 40-50

Ages 50-60

Ages 60+

