A plan for hard days

Anniversaries, birthdays, holidays and other days you are dreading.

Name _____ Date _____

The lead-up to a significant day is often worse than the day itself. Having a plan, even a loose one, gives you something to hold on to. You can change it on the day.

The day I am thinking about

What I expect to find hardest

How I would like to mark it, if at all

☐ A visit ☐ A meal ☐ A candle ☐ A walk ☐ Their music ☐ Something they loved

Who I want to be with

What I want to avoid, or say no to

What I will tell people about what I need

Something gentle for myself that day

If it gets too much, I will...

Afterwards: how it went, and what I would keep or change next time

There is no right way to spend these days. Ignoring it completely, doing something big, or anything in between are all fine.

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