

I am planning for: On this date:

1. What types of grief reactions do you anticipate or are you already experiencing? Consider the physical, emotional, social and behavioral realms.

2. What are a few skillful ways you can redirect your attention or distract yourself if you feel overwhelmed?

3. What are the most important things you will remember and acknowledge on this special day?

4. What types of rituals, actions, or new traditions will you implement to honor this special day?

5. Are there any physical objects you want to have with you?

6. Who do you want to connect with? Who do you want to avoid?

7. What will you say to yourself to cultivate an attitude of self-compassion on this special day?