

My Personal Holiday Plan

In past years, I have celebrated holidays by:

This year, I want to include the following traditions in my holiday:

This year, I do not want to include the following traditions in my holiday:

I would like the following people to be with me:

Grief triggers for me might include:

The most difficult parts of the holiday season for me might be:

Some things that might help me when I am sad are:

My support people are:

Words that would be helpful for me to hear would be:

I might not wish to spend my holiday with the following people:

Words I do not consider supportive might be:

If someone says words that are not supportive, I might:

Something I would really like to do for myself might be: