

MY PERSONAL HOLIDAY PLAN

I predict that the most difficult parts of the holiday season for me will be:

- 1.
- 2.
- 3.

My grief triggers will be:

- 1.
- 2.
- 3.

People who might be more difficult to be with during the holidays are:

- 1.
- 2.
- 3.

People who will be the most supportive of me during the holidays are (list phone #'s too!):

- 1.
- 2.
- 3.

Things that would be helpful for me to hear during the holidays are (words, songs, etc.):

- 1.
- 2.
- 3.