



## My Personal Holiday Plan

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

- 1.
- 2.
- 3.

My support people (those who can hear my grief) are:

- 1.
- 2.
- 3.
- 4.



The most difficult people to be with might be:

- 1.
- 2.
- 3.
- 4.

My grief triggers might be:

- 1.
- 2.
- 3.



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

- 1.
- 2.
- 3.

Last year (or years), prior to my loss, I celebrated the holidays by:



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

