

Grief – Difficult Times Plan

This can be used for each event OR a general plan. Each event may require its own plan. However, you may be able to use similar approaches to many events. Remember this plan can change from one moment to the next.

1. When is the difficult time?

2. List who may cause further difficulty.

3. List how you can cope with person who may cause further difficulty.

4. List some ways you can soothe and take care of yourself.

5. List some ways you let others help take care of you.

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6. What are some pleasurable activities you can do alone or with others.

7. How can you show your continuing love and caring for the person who died.

8. After the event. What worked, what didn't. How can you adjust your plan for this or other events.

9. Any additional notes.
