

Difficult Dates & Triggers

Anniversaries, birthdays, places, music and unexpected reminders can bring grief closer again.

Dates or occasions I find difficult

Places that bring memories back

Songs, smells, objects or other reminders

How do I usually feel when I am triggered?

What helps me prepare for difficult dates?

Who could I tell beforehand?

What permission can I give myself on those days?

My plan for the next difficult date or trigger is...