

COPING WITH THE HOLIDAYS

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. _____

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

1. _____
2. _____
3. _____

My support people (those who can hear my grief) are: (list name and telephone numbers)

1. _____
2. _____
3. _____



Bereavement Services (602) 530-6970 hov.org

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