

TUG Day Planning Worksheet (Temporary Upsurges in Grief)

ANTICIPATING and PLANNING are the keys to handling the special days and occasions that make your loved one's absence felt more deeply. They can be opportunities for grieving, healing and remembering your loved one.

What are the occasions and days that you dread? Take some time to think about them and make a plan. (anniversary of their death, their birthday, your birthday, anniversary, Mother's Day, Father's Day, Valentine's Day, Easter, 4th of July, etc)

TUG Day	What Do I Want To Do?	Who Do I Want With Me?