Anniversary Choice Plan

Grief & Resilience | 30 minutes | 3-12 participants | Adults with appropriate facilitation

Purpose

Prepare several optional ways to approach a meaningful date.

Materials: Paper or a printable handout, Pens or an accessible writing alternative, Optional blank cards or simple drawing materials

Invite and agree - 3 minutes

Name the purpose and the right to pass, observe, write, or use fiction. Agree that people share only their own experiences and do not promise absolute group confidentiality.

Introduce the example - 3 minutes

A difficult anniversary is approaching. Ask what is known and what is still a guess.

Practice: Planning workshop - 17 minutes

Prepare several optional ways to approach a meaningful date. Sketch several possible responses, compare access and likely tradeoffs, and choose one adjustable plan with a backup.

Reflect together - 4 minutes

What can change if the day feels different than expected? Ask what fit, what did not fit, and what would make the exercise more accessible. Do not interpret another person's response.

Choose a next step - 3 minutes

Invite one optional action, support request, or question to carry forward. Passing is a valid closing response. Confirm how to seek appropriate support outside the activity.

Facilitator fit and boundaries

Allow privacy and passing. Do not prescribe grief stages, closure, forgiveness, spiritual meaning, or a growth lesson.

Offer observation, private writing, or a fictional example. Adapt instructions and group size to access needs. No client responses are collected by this page.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Conceptual reading: TIP 41: Substance Abuse Treatment: Group Therapy, TIP 57: Trauma-informed Care in Behavioral Health Services. Source links appear on the online activity page.