

Preparing for a Difficult Date

Grief and life transitions | Adults | 10 to 15 minutes

Plan support and flexibility around an anniversary, holiday, or other meaningful date.

A date can carry memories, expectations, and pressure from other people. You can plan ahead while leaving room to change your mind. This page helps you decide what you want to do, what you want to decline, and who can support you.

Consider the whole day

Think about the period before, during, and after the event. Include transportation, meals, company, rest, and an exit option. Choose a smaller version of the plan in case your energy is low. You can participate for part of an event or mark the date privately.

Communicate a flexible boundary

Try: I would like to come for an hour, and I may leave early. Or: I am keeping this day quiet; please check on me tomorrow. Other people may grieve differently. You can respect their choices while asking them to respect yours.

The date or event and what it may bring up are

My preferred plan and a smaller backup version are

A boundary or request I want to communicate is

My support before, during, and after the date will be