A LITTLE ROOM

A Difficult Date Plan

A few choices for a birthday, holiday, anniversary, or ordinary day that may feel different.

You do not have to follow this perfectly. It is allowed to change.

A gentle boundary

This is an educational worksheet, not therapy, diagnosis, or crisis care. You do not need to complete every prompt. If you feel unsafe or there is immediate danger, contact local emergency services. In the U.S., call or text 988.

BEGIN WHERE YOU ARE

Name the day only if that helps.

What would you call this day?

What might make this day feel different?

One thing I might do is…

MAKE ROOM FOR CHOICE

A gentler plan can include a yes, a no, and a maybe.

One thing I can say no to is…

Someone or somewhere I could turn to…

If the day feels different, I can…

A sentence to keep nearby

I can change my mind. I can take a break. I do not have to explain everything.

A Little Room is developing educational tools for adults grieving a parent or parental figure. This page is not monitored and does not provide emergency support.