

Planning for traditions and holidays:

Traditions such as religious or national holidays, birthdays or annual family gatherings can be very hard after bereavement. They can put you in touch with missing the person, and they can be a source of conflict, with some people wanting to handle the tradition in one way and others in another. What might feel comforting to one person can feel painful, awkward or even macabre for another. This worksheet is designed to help you to have conversations with other people about this issue, preferably well in advance, so that you achieve a compromise or an agreed solution that works well for as many people as possible. You could try using it alongside the “Dealing with other’s expectations worksheet”. If you find yourself in conflict with another person over this, try to connect with “What kind of person do I want to be?”, “What is important to me as I manage this?” Try to understand the other perspectives on the issue and try to calmly say your own perspective. Try to reach a solution that all of you are happy with. The first row has an example, then there is a blank one for your own use overleaf.

What is the occasion or tradition?	Why is it important to you?	Does everyone agree? If not, what are the other points of view?	How can we reach a solution or compromise?	Agreement and plan
Eid-ul-Fitr is coming, and I can't imagine the day without my husband. I want to celebrate as we have always done by visiting family, but I can't face everyone and try to be cheerful. I'm not in official mourning anymore but I don't think I'm ready.	The end of Ramadan is always important, to me, my wider family and it was to my husband too. If I don't celebrate, I will look bad in the community. I also want the children to have good memories of Eid.	People are mixed, my sister said I shouldn't rush, that close family will come to me instead, but I still worry I am going to be so upset and I worry what my in laws will think of me. I'm not sure I can face it.	I can talk with my parents and ask them what they think I should do. I can explain that I don't think I am ready to be cheerful. Maybe they could talk to my in-laws and ask what they think we should do?	I'll arrange to speak to them about what I should do and what they think and hopefully with their support that will help me decide what to do and get through it. Maybe next year it might feel different.

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