



## Identifying Difficult Times

Below are some examples of times people find difficult. Think about how you will feel on these days and add others if you wish. Use the scale to rate how difficult you expect each day to be and notes about why. Make a quick note of how you feel you will be able to cope with this event for reference.

0= not at all    1= A little    2= Somewhat    3= Definitely    4= Extremely

Event	Date	Rating	Notes	Coping Skills
<b>1. a) Anniversary of the death Person 1</b> Name _____				
b) Anniversary of the death Person 2 Name _____				
c) Anniversary of the death Person 3 Name _____				
<b>2. a) Birthday of the person who died Person 1</b>				
b) Birthday of the person who died Person 2				
c) Birthday of the person who died Person 3				
<b>3. Your birthday</b>				
<b>4. Other birthdays (Name and relationship)</b>				
a)				
b)				

c)				
d)				
<b>Event</b>	<b>Date</b>	<b>Rating</b>	<b>Notes</b>	<b>Coping Skills</b>
Wedding anniversary				
<b>Holidays (specify)</b>				
a)				
b)				
c)				
d)				
e)				
f)				
g)				
<b>Other difficult times</b>				
<b>Example date of diagnosis</b>				
a)				
b)				
c)				
d)				
e)				
f)				
g)				