WORKSHEET **My Pre-Visit Plan**

Fill this in a day or two before a family visit, holiday or long phone call.

The visit (when, where, who will be there): _____

The role I tend to slip into: _____

The three comments I expect:

1. _____

My reply: "_____"

2. _____

My reply: "_____"

3. _____

My reply: "_____"

My pause move at the table (a sip, passing a dish, refilling drinks): _____

My break job (a task that lets me step away): _____

My ally and our signal: _____

My leave time: _____

Something kind I'll do for myself afterward: _____

- ☐ I've said my three replies out loud at least once.
- ☐ I've decided what I'll let go of on purpose.
- ☐ I've chosen one topic to talk about that I enjoy with this person.

© 2026 Blake Tenney · From *That Wasn't About Me* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads