When Pain Changes Your Plans

Changing a plan does not erase your care for the people involved. You can be disappointed and still choose a gentler option.

1. Name what matters about the plan.

Was it connection, celebration, getting something done, or simply getting out? That part may still be possible in a different way.

2. Choose a smaller version - or let it wait.

A shorter visit, a phone call, help with the task, or another day are options. Cancelling can also be a complete answer.

3. Say what you need, simply.

Try: “I wanted to be there. Today I need to change the plan. Could we try ___ instead?” You do not owe a detailed explanation.

One thought I want to carry with me:

You’re doing way better than you think you are.

Let’s rewrite pain together.

For personal reflection and encouragement. Not medical advice.