Plan for the first weeks after a separation

A plan for the period when there is no strength for deciding.

> The first weeks are overwhelming and decisions pile up. Plan **for one month only**, not for a year. The list of postponed things matters as much as the list of tasks.

Housing and money — next month

Where I will live

How bills and money work

The children

Where and when they are

What we tell them and when

Who we tell

Now

Not yet

What waits

Legally, practically, emotionally — write what you postpone

Who I may call at 11pm

NAME	PHONE

For personal use.