



Tool: Big Life Event Preparation Questionnaire

This questionnaire is here to guide you through preparing for your event in a way that feels manageable and true to who you are. Think of this as a tool to help you clarify what you need and how to make the event work for you. Even if this event doesn't go exactly as planned, it's an opportunity to learn and refine your approach for your next event.

Comfort and Boundaries

- What is essential for your physical and sensory comfort?

- What situations or interactions might overwhelm you, and how can you avoid or manage them?

- What boundaries do you need to set to feel safe and supported during the event?

Event Goals and Priorities

- What is the primary purpose of this event for you? How about for other stakeholders?

- What outcomes or experiences are most important for you to achieve during this event?

- What does success look like for you at this event?

Logistical Preferences

- What is your ideal timeframe for the event (e.g., duration, time of day)?

- How do you prefer to handle transportation to and from the event?

- Are there any specific tasks or responsibilities you prefer not to handle, and can you delegate them to friends and family?

Social Considerations

- Who are the key people you want present at this event?

- What types of social interactions are you comfortable with (e.g., one-on-one, small groups)?

- Are there any individuals you'd prefer to avoid, and how can this be handled respectfully?

Sensory Needs

- What environmental factors (e.g., noise, lighting, temperature) are critical for your comfort?

- Do you need a designated quiet space or sensory break area? If so, what should it include?

- What personal items (e.g., earplugs, fidgets) will help you manage sensory sensitivities?

Emotional Support

- Who can provide emotional support before, during, or after the event?

- What kind of check-ins or reassurances will help you feel grounded and supported?

- Do you have a signal or system in place for when you need assistance or a break?

Decision-Making and Compromise

- What aspects of the event are non-negotiable for you, and why?

- Which areas are you open to compromising on, and what conditions would make compromise acceptable?

- What are the most significant differences between your preferences and those of others involved, and how can they be reconciled?

Exit Strategies

- What is your plan for leaving the event if you become overwhelmed or need a break?

- Who can help you implement your exit strategy if needed?

- How can you communicate your exit plan in advance to avoid misunderstandings?

Celebration on Your Terms

- How can this event reflect your personality and values while still meeting the expectations of others?

- What unique elements would make the event feel meaningful and personal to you?

- What steps can you take to ensure this event feels like a celebration of you, not just for you?

After-Event Reflection

- How will you know if the event was successful for you?
- What strategies or boundaries would you revisit or revise for the next big life event?
- How will you prioritize rest and recovery after the event?