

# PMDD Action Plan

## Triggers

Identify your triggers and fill in each of the blocks next to that trigger. Take your time and think about what it is you struggle with most. Ask your partner to help you.

Trigger	How I Feel	What I Think	What I Do	What Helps

## “Sharing the load”

- Who can do what and when. This is critical when in PMDD mode.
- Decide ahead of time what the PMDD sufferer is capable of managing and what she isn't. When you're not in PMDD mode, the load can be redistributed.

An example could be *I can handle cooking most nights, but I can't manage to cook, do the dishes, get the kids ready for bed, and walk the dog. Partner with PMDD will cook, then walk the dog (good exercise too!). Partner without will do the dishes then get the kids ready for bed.* Know that these may change from day to day depending on the ability of the PMDD sufferer, but remember the idea is to “share the load” and communicate your needs. Remember, they won't know if you don't tell them!

What the PMDD Sufferer can do	What the PMDD Partner can do

## Support

This is a key component for both partners in the relationship

- Identify people or groups of people you can rely on for support
- Identify activities you can do without your partner that will help with self-care

### For those with PMDD

People / Groups I can rely on	Activities I can do

## For Partners

People / Groups I can rely on	Activities I can do

## Free Resources

- Individual Support - [iapmd.org/peer-support](https://iapmd.org/peer-support)
- Online Group Support - [fb.com/groups/iapmd](https://fb.com/groups/iapmd)
- Additional Group Support - [iapmd.org/facebook-groups](https://iapmd.org/facebook-groups)