

HOLIDAY BOUNDARIES

*Let's Not Invite the Ghosts
of Christmases Past*

REFLECT BEFORE YOU RESPOND

1. *What emotions tend to surface around family gatherings or holiday plans?*
2. *What has historically felt most draining or challenging for you during the holidays?*
3. *What moments or traditions have brought you genuine connection or peace?*

CLARIFY YOUR INTENTIONS

1. *This year, I want my holidays to feel _____.*
2. *I know I'm aligned with that intention when I:*
 - Notice I'm saying "yes" to things that support my values of _____.
 - Notice I'm saying "no" to things that lead to _____.

IDENTIFY BOUNDARIES

1. *One physical boundary I need this year is: _____.*
2. *One emotional boundary I need this year is: _____.*
3. *One conversational boundary I want to set is: _____.*
4. *How will I communicate these boundaries? _____*

PREPARE FOR PUSHBACK

1. *If someone pushes my boundary, I can remind myself: _____.*
2. *A supportive phrase I can use is: _____.*
3. *Someone who will support my boundaries is: _____.*
4. *When I feel overwhelmed, I will: _____.*

HOPE GROWS THERAPY & CONSULTATION
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