

Before the Family Gathering

Make a small plan for a family event so you are not going in cold.

WHEN TO USE THIS

Use this in the days before a holiday, a wedding, or a visit you are not looking forward to.

What is the event, and how long will you be there?

Decide the leaving time now, not on the day.

What usually makes it hard? Tick what applies.

- ☐ Questions I do not want to answer
- ☐ Someone who drinks too much
- ☐ Old arguments coming back
- ☐ Comments about my kids or my body
- ☐ Too many people, too loud
- ☐ Being the one doing all the work

Pick one you ticked. What will you say or do when it starts?

Where can you go for five minutes alone, and who is safe to sit next to?

What is one thing you might actually enjoy?

Going in with a plan and a leaving time is not being difficult. It is looking after yourself.