

Which of these expectations are realistic and which ones are not?

Realistic:

Unrealistic:

Ask yourself and write the answer above for each realistic expectation-

What are my obstacles to making this happen?

What can I do to make sure this happens (plan ahead for any obstacles)?

What are my backup plans?

For each unrealistic expectation-

Write each expectation down and make a plan for it.

Ex. My father will not drink too much- I will love him no matter what, I will leave his presence if/when he begins to act drunker than I want to see, I will distract him from alcohol with fun conversation and activities, I will keep an eye on his safety, I will not encourage his behavior

Remember:

What is my responsibility for the holidays?

I am responsible for my own thoughts, feelings, and actions

I am not responsible for other people's thoughts, feelings, and actions

I can decide how I want to feel this holiday season

I will let other people be who they are (like I have a choice!)