

# *The 3 B's for a holiday on YOUR terms!*

## *Beliefs....*

- ❖ If you predict the holidays are going to stink, they will. Guaranteed.
- ❖ Check that belief at the door, or at least the attitude.
- ❖ Mimic others that enjoy the holiday.
- ❖ Examine the meanings you make of negative events – honor them and/or let them go and move forward.

What beliefs do you have about the holidays?

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How does this affect you?

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## *Boundaries...*

- ❖ Have your healthy boundaries ready to go!
- ❖ Script out difficult boundary-setting.
- ❖ Be respectful – no huffiness, rude tone or conflict.
- ❖ If you don't set a boundary, you passively agree to let the other person intrude.
- ❖ You take their power away when you take your energy away.
- ❖ Get more help with truly toxic relationships.

What boundaries do you need to set during the holidays?

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How will it affect your time if these boundaries are respected?

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## *Behaviors...*

- ❖ Set appropriate boundaries
- ❖ Ask for what you want (you might get it!)
- ❖ When YOUR behavior changes, YOUR experience changes!
- ❖ Don't get sucked into old routines
- ❖ Manage your own feelings

What behaviors can you change in dealing with difficult people or situations?

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How would changing these behaviors change your experience?

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