

Holiday Season Reflection & Preparation Worksheet

The holiday season can bring a mix of emotions and expectations, especially around family gatherings. We recommend using this worksheet with your child, or with each family member, to reflect on and prepare for holiday interactions, equipping yourself with tools to feel grounded, present, and in control.

STEP 1:

Identify Your Feelings and Expectations

Which emotions come up? Check all that apply

- Excitement Sadness Loneliness Other: _____
 Anxiety Gratitude Stress _____
 Guilt Joy Frustration _____



What are your main expectations or hopes?

*Ideas: "I hope to have fun with my family.", "I don't want to fight.",
"I want everyone to get along."*

1. _____
2. _____



Staying Connected with My Family

I promise to stay connected with my family by doing these things:

1. _____
2. _____

STEP 2:

Reflect on Past Experiences



What is usually fun during the holidays?



A good holiday memory:



What usually causes arguments?



What would you like to do differently this year?

STEP 3:

Define Your Boundaries

What are your "must-have" rules?

Idea: "I'll walk away if someone is mean"

1. _____
2. _____



How will you let people know your rules if you need to?

Practice a couple of statements here:

1. _____
2. _____



If I need a break, I will...

1. _____
2. _____

STEP 4:

Plan Self-Care Strategies

Before the gathering:

How can you prepare yourself?



- 1. _____
- 2. _____

While you're at the gathering:

What can you do to stay calm and feel okay?



Ideas: Take a short walk, a few deep breaths, or remind yourself of something positive.

- 1. _____
- 2. _____

After the gathering:

How can you let go of any leftover feelings?



- 1. _____
- 2. _____

STEP 5:

Make a Plan for Handling Stress

If I start feeling stressed out, I can...

Ideas: Step outside for fresh air, find a private space to regroup, text or call a friend for support

- _____
- _____
- _____
- _____

Positive thoughts to help me stay calm:

*Ideas: "I am allowed to take up space."
"I am in control of my reactions."*

- _____
- _____
- _____
- _____

STEP 6:

Set Personal Goals for the Holiday Season

What would make this holiday season feel special for you?

- 1. _____
- 2. _____



How will you know if you did a good job taking care of your needs and sticking to your boundaries?

- 1. _____
- 2. _____

Closing Reflection

Picture a holiday gathering where you feel happy, safe, and confident.

Write a few words or sentences to describe what that would look like? How would it feel?



REMINDER:

The holidays can be tough for everyone. I'll try to be kind and understanding with others while also remembering to care for myself. This time is about connection, being kind to myself, and keeping healthy boundaries so I can enjoy the season.



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