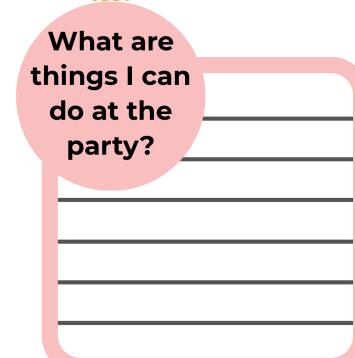


My Holiday Checklist

m	What are ny holiday triggers?	

What are my family's needs?



How can
I safely
excuse
myself?



My Holiday Checklist

What are
my holiday
triggers and
solutions?
So I can

Take break outside
or ask for no
strong candles if I
feel comfortable.

What are
my family's
needs?

My mom
expects me

to say hi to

everyone, take
pictures, and bring
1 dish for the
holiday meal.

What are
things I can
do at the
party?

I like to
talk in

small groups.
I will be taking a
board game that I
asked in advanced
about.

How can
I safely
excuse
I have a
myself?
movie and
dinner plans.
Host will know I
am leaving by
4:40. But I leave if
I need to early.

