



My Holiday Checklist

**What are
my holiday
triggers?**

**What are
my family's
needs?**

**What are
things I can
do at the
party?**

**How can
I safely
excuse
myself?**





My Holiday Checklist

What are my holiday triggers and solutions?

Strong smells

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 myself?

I have a movie and dinner plans.

Host will know I

am leaving by

4:40. But I leave if

I need to early.

