



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

with examples

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.

