



# SURVIVING *the holidays*

The holidays can be a difficult time of year and encountering triggers can be almost inevitable. Oftentimes, survivors are faced with the possibility of seeing their perpetrator or being reminded of their perpetrator during the holiday season. It's important to have strategies planned ahead of time to make sure you stay safe, balanced, and confident in your journey toward healing. Use this worksheet to plan your strategy for safety.

1. It's important to know who can help keep you grounded if you need it at holiday events. Make a list of who can reach out if needed at your parties and gatherings.

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2. Whether you're at an event or just feeling the effects of the holidays at home, a trusted person to call on the phone can help you cope in the moment. Who are the people that you know you can call?

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3. Repeating positive affirmations is an excellent tool to help maintain your peace during the holidays. Make a list of five affirmations you can use this year. *Example: I am worthy of good things that come my way!*

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4. There is often both internal and external pressure to attend every holiday gathering. But, sometimes choosing to not attend is the best choice for self-care. That choice can be hard, but self-care is vital for healing and hope. Write a few practice responses you can give for declining an invitation.

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5. Make a list of three things you can do this holiday season to make your self-care a priority.  
*Example: I will take 30 minutes for myself every day to read an uplifting book.*

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