



# The Map of Holiday Expectations



1. What I feel expected to do (write them down - culturally, family, internally, traditionally):
  
2. Which of these expectations are truly mine? Indicate them by highlighting or circling them.
  
3. Which expectations come from old roles or learned patterns?

|                                      |                                      |                                |
|--------------------------------------|--------------------------------------|--------------------------------|
| The caretaker                        | The fixer                            | The over-giver                 |
| The performer                        | The peacekeeper                      | The organizer                  |
| The one-who-makes-everything-perfect | The one who has to prove their worth | The one who has to appear o.k. |
| The leader                           | The memory maker                     | The upholder of traditions     |

4. What would softening look like?

|   |                      |                                 |
|---|----------------------|---------------------------------|
| Not forcing emotion                               | Fewer events         | Leaving early                   |
| Declining the invitation without excuses or lies. | Smaller gatherings   | Simpler meals                   |
| Financial boundaries                              | Honest communication | Saying "maybe" instead of "yes" |

5. What is enough for me this year? *This is the anchor point. Not the ideal. Simply what is enough.*