**DBT Skills for The Holidays Worksheet**

**Week 1 Vulnerability Factors**

Rank the 6 Categories of Factors based on how much you struggle with each one during the season

\_\_\_\_\_\_\_\_\_ COVID Fatigue (new for 2020 & affecting most of us)

\_\_\_\_\_\_\_\_\_ Family Triggers

\_\_\_\_\_\_\_\_\_ Overspending

\_\_\_\_\_\_\_\_\_ Calorie Binge

\_\_\_\_\_\_\_\_\_ Over commitment/ Depletion

\_\_\_\_\_\_\_\_\_ Trauma Triggers

My family triggers each year are the following:

 I tend to spend $$\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ each year. Realistically, I should spend about $\_\_\_\_\_\_\_\_\_\_\_\_\_\_. In a perfect world I would spend no more than $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Specific stores that I always blow my budget:

Do I overspend on Black Friday without looking at my entire list? Ie: do I get pulled into “Shiny Thing Thinking” by sales and the fear of missing a good deal?

Do I often put on weight at the holidays? Is my goal this year to maintain during this time? Do I give myself a couple of pounds of wiggle room?

Do I have a favorite holiday food that can’t keep your hands off?

(For me it’s my mom’s fudge – so my cope ahead for this year was to give her back my copy of the recipe. This way I can’t make a whole batch for myself to nom on when I get stressed). What’s your plan of action when it’s available?

How many extra commitments do I attend each year during the holidays?

*Take a few minutes to list them all out– I bet there are more than you initially think!*

Which of these events replenishes my spirit? Which of these events take away from me? Can I avoid those events that do not leave me feeling good?

Do the holidays bring up painful memories from the past for me? Do I have extra negative emotions at this time of year? Is there something I may need to delve into a little deeper to get past – possibly with the help of a therapist, coach or spiritual provider?

**Week 2 Cope Ahead**

Describe the situation you are worried about facing. Remember to stick to the facts and try to keep judgmental statements to a minimum.

What are my vulnerability factors regarding the situation? Can I address any of them before hand to increase my effectiveness?

How have I ineffectively coped with similar situations in the past?

What can I change this year to create a different outcome?

**Week 3 Financial**

My total allocated spending for gifts is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

My total allocated spending for holiday meals is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

My total allocated spending for all extra holiday associated costs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*(Think pictures, fundraisers, events, wrapping paper, etc..)*

|  |  |  |
| --- | --- | --- |
|  | Budget | Actual Spending |
| Spouse / Partner |  |  |
| Child(ren) |  |  |
| Parents / Immediate Family |  |  |
| Friends |  |  |
| Service Providers (babysitter, trash guy, etc) |  |  |
| Gift Exchanges |  |  |
| Other |  |  |

*Remember - coming back when it’s all over and notating your actual spending will be helpful data to refer to when you begin the prep again next season!*

**Week 4 Time Management**

What are my absolute can’t miss events for December?

What would I rather pass on? Can I create a plan so that I do not commit to these things?

What am I going to do to keep myself replenished this season? Remember you want a mixture of planned things (manicure, coffee date) as well as some small things you can do any time when you feel your stress level shooting up.

1)

2)

3)

4)

5)

**Week 5 Consumerism**

What values were passed down from my family regarding presents/love?

Do I use gifts to make up for the area’s I feel I lack in? ie: I feel like I’m not present enough as a parent, so I make sure my kiddo is loaded down for Christmas.

How many of the gifts I bought last year do I still see being used by my family? Do I buy things that have little long-term value?

**Week 6 Expectations**

Do I find myself wishing situations would go differently than they actually do?

Do I have a need to provide that “Perfect Christmas” that prevents me from relaxing and enjoying the moments?

When things don’t go as planned am I able to rebound and still appreciate the good, or do I get stuck in negative thought patterns that steal my entire day?

Can I change some key things in how I *think* about things this season, so that I do not suffer unneeded disappointments?

**Week 7 DEAR MAN**

*Think of an interpersonal situation where you are asking for something.*

**Describe** the Situation

**Express** your Feelings

**Assert** Your Needs / **Ask** for Your Wants

**Reinforce**

**Mindful** – Do not get pulled off topic

Broken Record Technique - Repeat same statement of facts when you feel other is trying to pull you off topic

**Appear** Confident – No undo apologies. Prseent confident body language. Make eye contact when speaking. Do not slump shoulders or look at the ground.

**Negotiate**. Prepare your negotiation points ahead of time, so that you do end up agreeing to something in the end that doesn’t work for you.

What is my optimal outcome?

What is the worst I would take?

What is a nice middle ground between what the others want and what I want?

**Week 8 Post Christmas Blues**

Do I feel empty every year when the holidays are over?

Did the expectation/reality dialectic get me?

Am I suffering from a touch of depression? Or am I exhausted and need to tend to my PLEASE (physical illness, eating, mood altering substances, exercise, sleep)skills?

*That’s it!!! You’ve made it through 8 Weeks of self-assessment, interpersonal skills development & growth during the busiest time of the year. Congratulate yourself!! I know you’ve been able to make some important changes by applying the skills we’ve talked about.*

*I hope you have enjoyed this series and it has helped you to have your most effective and enjoyable holiday season!! It has been great fun for me to produce it. After the holidays we will be jumping right in to Goal Setting for the New Year. Be sure to check back for new videos and worksheets. I can’t wait for all of the exciting things to come in 2021!!*

*If you’re looking for an uplifting and supportive place to stay connected join our Facebook group* [*https://www.facebook.com/groups/thrivetogether2020*](https://www.facebook.com/groups/thrivetogether2020)

*If you are looking for DBT Transformation Coaching or Skills Instruction shoot me an email. I’d love to hear from you!!*

*Happy Holidays!! See you in 2021!*

*Love & light,*

*Jamie*

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