

Tough Time of Year Group Worksheet: Change-Related Questions

The holiday season can leave us feeling overloaded and overwhelmed. It's common to think "I want to do it differently next year", but doing things differently in a big way may not be manageable or even realistic. Smaller changes may be more manageable, may help us cope a little better and enjoy the holiday season more.

If you want to try making some smaller changes, below are three questions to help in your thought process. Feel free to use this form to jot down ideas, brainstorm, and reflect. As you think about the questions below, ask yourself:

Given all that I know about myself and my life...

- 1) Would this behavioral change help me in even a small way during the holiday season?**
- 2) Is this behavioral change realistic and manageable?**
- 3) Could others in my life have difficulty with this behavioral change? If so, how will I cope with this?**

Question One: What is one thing that I could do **more** of this holiday season which might be helpful to me?

Question Two: What is one thing that I could **less** of this holiday season which might be helpful to me?

Question Three: What is one thing that I **could keep doing as I have been** this holiday season which might be helpful to me?

Between now and our next meeting, take a few moments to consider these questions and write down your ideas. We'll see what we've come up with at the next meeting. Your thoughts and ideas may be helpful to others in the group, so don't be shy!

NOTE: If reading and/or writing is a challenge area for you, see if a supportive other in your life can assist.

