

How to survive DIFFICULT PEOPLE DURING THE HOLIDAYS

Who are the difficult people in your life?

- Family members, friends, or coworkers who:
 - Insult you
 - Talk down to you
 - Belittle you
 - Push your buttons
 - Steal your joy
 - Deplete your energy
 - Say things like, “why can’t you be more like...”

or “when are you going to...” and “you should...”

ALONE FOR THE HOLIDAYS?

Write down 3 people or places you could go.

- This could be family, friends, or coworkers. Don’t discount anyone who has invited you over. Remember: You are not a burden to them if they asked you to come over!
- It could also be restaurants, bars, clubs, or public places. Go out and enjoy yourself.
- If one location gets uncomfortable you have 2 others as a back up plan and escape route.

If you decide to stay home:

- Create a menu and get creative.
- Create a schedule of things you are going to do.

Have to deal with difficult people?

If you can leave at some point refer to previous tips on being alone!

Can’t get away...

- **First**, you have to **EXPECT** everything they’re going to do because they haven't changed, so they're going to try & push your buttons
- **Second**, put on what I call **The Bubble**, an imaginary force field that shields you from their negative energy and you can choose not to take in any mean spirited thing they have to say or do
- **Third, Go Prepared** with a comeback or a way you're going to change the conversation or move away from them

Have to deal with difficult people?

- **Fourth**, you might want to **GO TO THEM FIRST**. I like to just walk right up to the difficult person and let them say what they're going to say and I can come back and move on and they don't have to hunt me down and attack me
- **Fifth**, have an **EXIT PLAN**. If it gets too tough, then have a way to leave. Unfortunately, if they're at your house you just have to stay busy, have a few other people that you can go talk to, move around and stay away so you don't get trapped by the negative person
- **Lastly**, after you master these interactions, **do something Nice for Yourself** to **Celebrate** and **Replenish your energy**
- SO **get to planning** Thanksgiving, Christmas and New Years is upon us!!!