



Deck the Halls...Not your Family

*Nothing says “season of giving” like
unsolicited opinions.*



Directions:



- **For best results, practice aloud three times daily for a week leading up to holiday gathering.**
- **Warning: These skills will not prevent Aunt Linda from asking when you're getting married or why you don't have kids yet.**
- **Side effects may include: improved boundaries, inner peace, and scowls from Aunt Linda.**

What is the goal your communication?

Set a Boundary.



Keep the Peace



Get a Laugh

Scenario 1

*So, why aren't
you married yet?*

**Translation: What is wrong
with you?**



Set a Boundary

I Feel...when...I need...

I love you, Grandma, and...

**I feel _____ (judged, sad, deflated,
irritated)**

When _____ (you say this).

**I need _____ (to enjoy our time
together.)**



Keep the Peace

Gratitude

**Thank you for
caring about me,
Grandma! *Tight
Hug*
How is your
arthritis?**



***Disclaimer: Avoidance is not typically a solution but can be a solid way to distract grandparents.**

Get a Laugh

Just tell the truth.

**I'm trying. I've
been calling,
social media
trolling, and
driving by Chris
Hemsworth's
house, but he
hasn't been
responsive...yet.**



Scenario 2

Is that all you're
going to eat?

**Translation: Are you on a diet or
do you hate my food?**



Set a Boundary

“No” is a complete sentence.

No, I’m just full. Thank you.



***For best results: this skill should be practiced daily regardless of “guilty” feelings..**

Keep the Peace

Excuses:

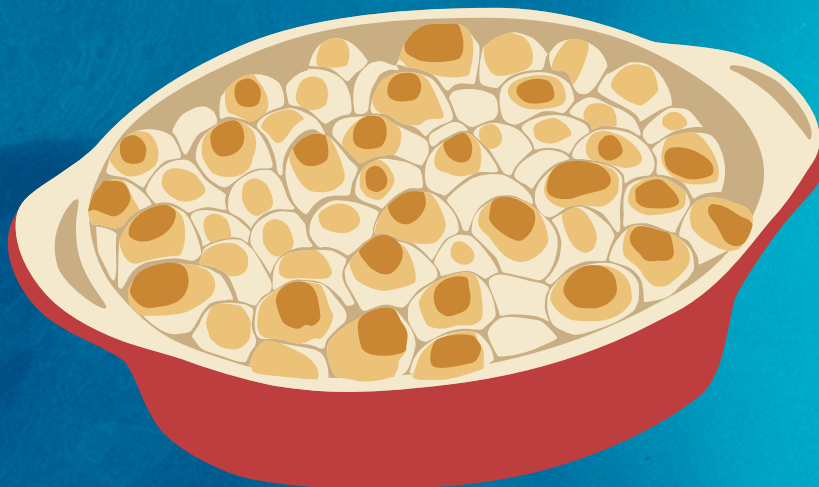
**"It's soooo
good, and I'm
worried I won't
have room for
your dessert if I
can't stop
myself soon."**



Get a Laugh

Shift the Blame

"I think your mother-in-law's dish gave me food poisoning. I'm scared to eat more...in fact, I should go lay down."



Scenario 3

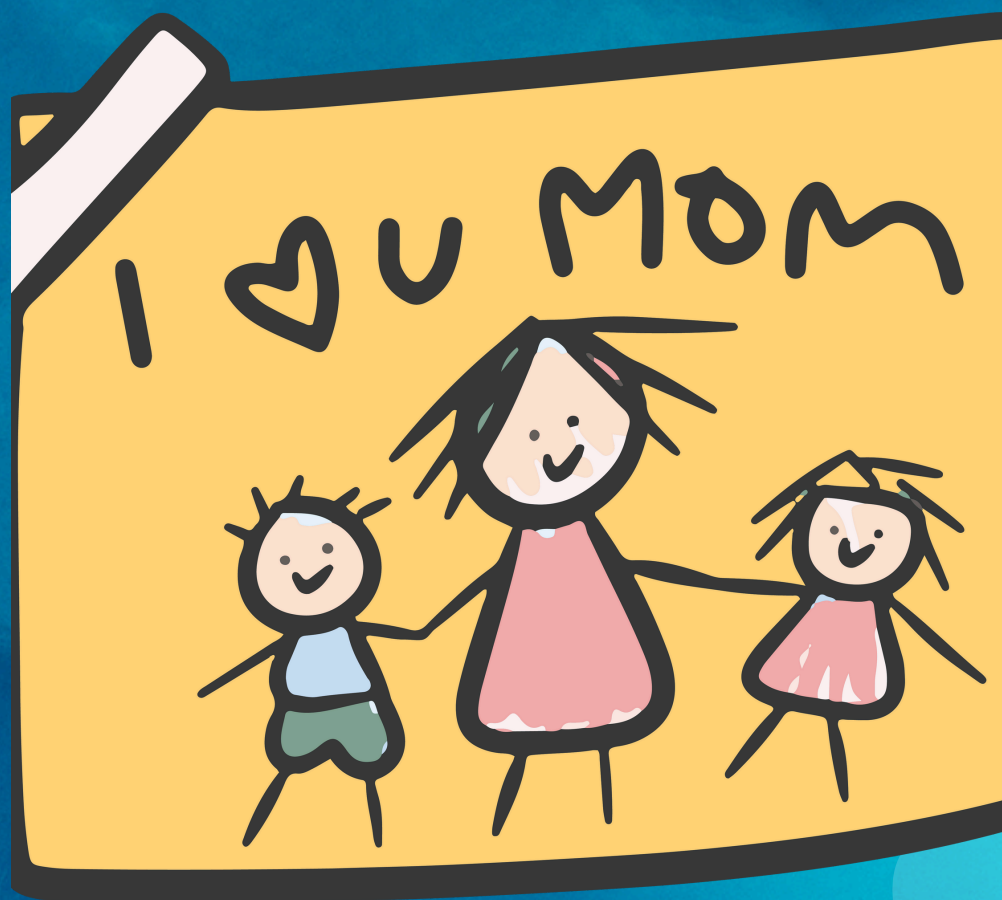
“My kids would
have never
dreamed of
behaving like
that.”



**Translation: You are not
parenting appropriately and
raising little hellions.**

Set a Boundary

**"I'm confident in my
parenting choices. We
don't need advice."**



Keep the Peace

**“Parenting looks
different for
everyone. Thanks
for caring.”**



Get a Laugh

**"I'll add that to my
parenting book: 'Advice
I Didn't Ask For.'"**



Scenario 4

“When Are You Having Kids?”

Translation: What are you doing with your life? Don't you know you're getting old? Kids are the only purpose you have.





Set a Boundary

"I love my life and feel fulfilled. Having children is personal decision and not something I will discuss today."

Keep the Peace

**“We’re happy with
where we’re at right
now.”**



Get a Laugh

“We prefer the ability to have nice, new things, a clean bathroom, and to know where our forks and spoons are.”



Scenario 5

“Oh...I really would have preferred (Insert expensive gift).”

Translation: You're a cheapskate. Do you even love me?



Set a Boundary

I Feel...when...I need...

I love you, Mom, and...

**I feel _____ (judged, sad,
deflated, irritated)**

When _____ (you say this).

**I need _____ (to give gifts that
are within my means.)**



Keep the Peace

“I wanted to give something thoughtful, even if it’s not extravagant.”



Get a Laugh

**"I figured
that with
tariffs, this
was the
most
thoughtful
gift of all."**



Examples:

Share your Experiences.

**What ridiculous comments
has your family made at
holiday dinners?**

How did you respond?

