HOLIDAYS WITH HARD PEOPLE

Scripts and permission for the table you didn't choose.

"You can love the holiday and dread the guest list. Both are true."

— from He Called It Love

BEFORE YOU WALK IN

Decide your exit time before you arrive.
Decide your limit before someone tests it.

You're allowed to plan your escape route from a family dinner. That's not dramatic. That's smart.

WHEN SOMEONE BRINGS UP THE THING YOU DON'T DISCUSS

"I'm not getting into that today."

"We don't have to agree on this to be at the same table."

"I'm going to go say hi to Aunt Carol now."

Pick one. Repeat as needed.

WHEN THEY COMPARE YOU TO YOUR SIBLING, YOUR EX, ANYONE

You don't owe a rebuttal.

"Okay" is a complete sentence.

You're not there to win.

You're there to survive dinner.

WHEN THE GUILT TRIP STARTS

"We never see you enough" is not an emergency.

You get to have a life outside this house.

Guilt is not a boundary you have to obey.

WHEN YOU NEED TO LEAVE THE ROOM

Bathroom. Car. Front porch.

Two minutes of silence resets more
than you'd think.

Nobody has to know where you went.

WHEN YOU GET HOME

You survived it.

You don't owe anyone a debrief.

Take the sweater off, take the day off, take tomorrow off if you need to.

You can love your family and still need a script to get through their holiday table. That's not a contradiction. That's just true.

— Sara from He Called It Love