

How to Deal with Difficult Family Members

Family gatherings can bring up long-standing dynamics and emotional triggers. You cannot control others, but you can care for yourself!

Helpful Tools:

- Set clear emotional and conversational boundaries
- Avoid predictable or escalating arguments
- Prepare exit statements
- Step away to regulate when needed
- Limit time around emotionally triggering individuals

Important Reminder: Boundaries are acts of self-respect.



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Your Holiday Boundary Plan

1. What behaviours or topics tend to trigger you?

2. What boundaries would help you feel safer or more grounded?

3. Write two exit statements you can use:

4. How long do you want to stay at specific gatherings?
