



Manhattan Marriage & Family Therapy

Great First Holiday Together Worksheet

(Complete for each partner)

1. What do Holidays bring up for you? Do you feel joyous, inspired, anxious, sad, overwhelmed, etc.? *(Extra credit: Tell your partner the origins of these feelings!)*

2. What do you do when you have these feelings? How do you react? *(This will help your partner not to take things personally AND to know when you may need support.)*

3. How can your partner support you when you are having a hard time during Holidays?

4. Your favorite holiday traditions/rituals:

5. What does a great Holiday season look like for you? What does it feel/smell/taste/sound like? Describe in as much detail as you can:

6. What's on your Holiday NOT-TO-DO list? What are your holiday stresses?