

FACING HOLIDAY TRAUMA TRIGGERS

**HOW TO PLAN FOR
THE HOLIDAYS WHEN
YOU HAVE
DISSOCIATIVE
IDENTITY DISORDER**

NEEDS VS WANTS

THE FIRST STEP TO PLANNING EFFECTIVELY FOR THE HOLIDAYS IS TO WRITE UP A BIG LIST OF ALL THE THINGS THAT YOUR SYSTEM HAS TO DO AND WANTS TO DO. HERE ARE SOME EXAMPLES FOR OUR SYSTEM:

have to do:

watch the leaves fall around you

spend *some* time with child's co-parents

be around certain holiday foods

want to do:

cook for thanksgiving

spend *lots* of time with child's co-parents

eat specific holiday foods

focus on finding the non-negotiable things

I know that this can be super confusing to do but try to really separate the non-negotiable things.

By having all of the nonnegotiable things on one list, your system will be able to focus on the most important things first.

This will prevent everyone from being overwhelmed while also minimizing the risk of potential issues falling through the cracks.

NEEDS VS WANTS

BRAINSTORM ABOUT ALL OF THE THINGS THAT YOUR SYSTEM NEEDS TO DO AND WANTS TO DO THIS HOLIDAY SEASON.

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BY FINDING POTENTIAL OBSTACLES, YOUR SYSTEM WILL BE ENSURING THAT YOU'RE ALL READY FOR WHATEVER COMES YOUR WAY. WRITE DOWN EVERYTHING YOUR SYSTEM CAN THINK OF THAT WILL EFFECT WHAT HAS TO BE DONE.

KNOWN TRAUMA EVENTS:

KNOWN TRAUMA TRIGGERS:

INDIVIDUALS THAT ADD EXTRA STRESS:

FOR EACH EVENT OR ACTIVITY THAT YOUR SYSTEM HAS TO DO, WRITE DOWN ALL OF THE ISSUES THAT YOUR SYSTEM WILL REALISTICALLY FACE.

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PLAN TEAM MEETINGS

WITH SO MUCH GOING ON, IT'S IMPORTANT THAT YOUR SYSTEM BE CHECKING IN WITH EACH OTHER REGULARLY. A GOOD RULE OF THUMB IS TO TRIPLE YOUR TEAM MEETINGS. DURING YOUR TEAM MEETINGS, MAKE SURE THAT:

- ☐ everyone knows the gist of what is going on that day
- ☐ everyone knows the plan for any potential triggers
- ☐ everyone is getting the internal self care that they need

PLAN SYSTEM CARE

THE BEST WAY TO MAKE SURE YOU AND YOUR ALTERS ARE GETTING THE CARE YOU ALL NEED IS TO SCHEDULE IT. WHEN FINDING TIME FOR YOUR SYSTEM CARE, TREAT THESE ACTIVITIES AS IF THEY'RE AS IMPORTANT AS ANYTHING ELSE ON YOUR CALENDAR. EXAMPLES OF SYSTEM CARE ARE:

- ☐ if your system has been eating a lot of fast food or heavy foods, a simple nutritious meal
- ☐ if your system has been staying up later than normal, a morning sleeping in and/or a nap
- ☐ if your system has been feeling cooped up and not getting much movement, a nice walk somewhere pretty
- ☐ if your system has been overstimulated, a meditation and/or a coloring page
- ☐ if your system has been spending a lot of time with other people, an hour or two of alone time

ADD IN WANTS

DOES YOUR SYSTEM HAVE ENOUGH RESOURCES TO ADD IN SOME WANTS? REPEAT THE LAST FEW STEPS FOR YOUR SYSTEM'S WANTS. IT'S EASIEST IF YOU START WITH TRIGGER-FREE WANTS.

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