

SHOULD I GO HOME FOR THE HOLIDAYS?

Questions for Reflection

❶ Is there part of you that thinks you "should" go home?

❷ What are you afraid will happen if you go home?

❸ What's it going to cost you if you go home? (Emotional cost, financial cost, time cost, etc.)

❹ What's it going to cost you if you **don't** go home?

❺ What's the **most likely** outcome if you go home? If you don't?

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6 Can you cope with and tolerate what will **most likely** happen?

7 Does part of you want to go home and another part not want to go home?

8 In your heart of hearts, how would you **actually like** to spend the holidays?

9 What would it take for you to choose what you want to do vs. what you think you "should" do?

10 If you set boundaries for the holidays, will there be positive "spillover" to other areas of your life?