



How to navigate the
FAMILY DRAMA
over the holidays

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Be prepared with neutral subjects you can introduce to defuse negative situations. If there is a specially negative person in the family, assign to that person some easy task that will keep them occupied and give them a sense of pride.

Have someone (preferably someone that loves kids) in charge of keeping kids occupied. Or take turns entertaining them. Otherwise, things will become chaotic. If kids are left on their own with no attention, while everyone else is busy, chaos will reign! And then you'll have family members making comments, trying to "help the situation" in non-helpful ways, and everybody will be miserable. Prevention and a bit of positive planning does wonders.

3. Organize

Whether your style is to make lists, write in a notebook, leave sticky notes to yourself, or think through your options, you need to take time to organize (Even Santa has a list. . .!). It will save you much time and will mean less hassle. It will also let you see in a concrete way if you are trying to do too much.



Let others help and jobs will get done faster (most of the time) and be more fun for everyone. At home, even 3-year-old children can pick up stuff, distribute candles around the house, or dust. Or you can divide up tasks assembly-line fashion: while one calls for ingredients, another finds them, someone else measures, another mixes. Then all help with the cleaning! You spend time together and finish sooner. If family is coming over, let them bring a dish instead of trying to do all on your own. But be specific about what you need them to bring and for how many.

4. Be realistic

Evaluate what is feasible and stick to it. Some things to take into account are: health, money, family situations, time, emotional issues, and personal skills.

