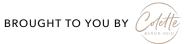# INSTRUCTIONS

Answer the first 20 questions - Add up your score. Give yourself 1 point for each Y, 0 for each N. Yes means this is true for you now, or used to be true for you. No means it has never been true. Then answer Y or N to statements 21 and 22.

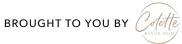|		YES	NO
1.	I feel obliged to make everyone happy during the holidays	☐	☐
2.	I often eat too much when I am feeling overwhelmed, depressed, or anxious, or I used to in the past.	☐	☐
3.	I sometimes gain weight without even eating too much depending on my stress levels.	☐	☐
4.	I feel too much, and get overwhelmed. I may or may not know where it's coming from.	☐	☐
5.	Holidays generally disappoint me because I have hopes and expectations that never seem to work out.	☐	☐
6.	I get so busy and wild with all the preparations, things to do etc. I forget about myself and then I crash so I don't get to enjoy the holidays.	☐	☐
7.	I avoid the holidays and I get so busy with work/doing things for others, etc. I forget about myself and I crash or act out trying to avoid my feelings.	☐	☐
8.	Seeing my family causes me to feel anger and sadness and sometimes depression even though I'm expected to act like nothing's wrong.	☐	☐
9.	I feel entitled to something better but sometimes I feel it's impossible because of what my family expects from me.	☐	☐
10.	Seeing my family, or avoiding my family at the holidays brings up emotional stuff I've carried since I was a kid.	☐	☐
11.	I've learned to accept less for myself because deep down I don't believe there will be more for me.	☐	☐

NEXT PAGE

INSTRUCTIONS

Answer the first 20 questions - Add up your score. Give yourself 1 point for each Y, 0 for each N. Yes means this is true for you now, or used to be true for you. No means it has never been true. Then answer Y or N to statements 21 and 22.

	YES	NO
12. I say yes to attend holiday events when I don't want to go.	☐	☐
13. Saying no makes me feel obligated and anxious.	☐	☐
14. If I say no to someone who needs me in my family, or a close friend, I feel like I'm betraying them even if I'm exhausted.	☐	☐
15. I have done a lot of work on myself, healed myself from my past but I still get triggered during the holidays.	☐	☐
16. I see myself as someone who does a whole lotta giving but not a whole lotta getting.		
17. I know that gossiping in wrong but I do it anyway.	☐	☐
18. I have issues with Trust.	☐	☐
19. I feel guilty when I take time for myself.	☐	☐
20. I have learned to tolerate or accept situations that I know are unhealthy for me.	☐	☐
21. I am on the right track, I'm hopeful, and sometimes a little scared, but I have faith, and want more guidance for my life.	☐	☐
22. I am doing just fine and do not need any help at all. I got this!	☐	☐

MY SCORE

PTS

SCORING THE QUIZ

If you answered Y for a score of 14 -20: You are a person who most definitely feels too much and you surely could use some support to get through the holidays. Help is on the way! This guide will be immensely helpful, and fun. You need it!

If you answered Y for a score of 8- 13: You manage fairly during the holidays but you can still get pretty stressed and may forget about your self-care. This guide will help you remember that you have to count in the joy equation. You need to remember self care.

If you answered Y for a score of 3 to 7: You do Ok except when you get triggered and so the holidays can push your emotional buttons. This guide will remind you how to set boundaries, so you stay steady and joyful. You need to learn to say No.

If you answered Y for a score of 0 to 2: You're pretty capable of managing the holidays and have developed habits to help you avoid drama. This guide will be a refresher for you to give you even more wins and experience even more contentment! You need to trust yourself and keep doing what you're doing.

If you said Yes to #21, this entire guide will be helpful all year round as you learn to apply these techniques throughout the year.

If you said Yes to #22, give this guide to a friend in need and skip to the section on Meet your Super Powered Self. You will love it.

BROUGHT TO YOU BY *Colette* BARON-REID