**Practice Gentle Disengagement from Stress During the Holidays (and Beyond)**:

Instruction: Please identify and then describe the personal objective that you would like to disengage from (e.g., “Instead of being stressed during the holiday season to create a perfect holiday for my loved ones, I would like to focus more on enjoying my family relationships, even if not all holiday preparations will get done that way.”) and write it in the space provided below. If there are several objectives that are on your mind, choose the most important one.

Your most important Personal Objective:

Please write here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1) How likely do you think it is that you will disengage from your personal objective?

Not at all likely 1 2 3 4 5 6 7 Very likely

2) How important is it for you to disengage from your personal objective?

Not at all important 1 2 3 4 5 6 7 Very important

3) How much does the fulfilment of your personal objective depend on external circumstances?

Not at all 1 2 3 4 5 6 7 Very much

Disengagement

Step # 1: Identify the emotions associated with the personal objective that you

would like to disengage from (e.g., “I feel passionate about the objective

[however would like to disengage from the objective]”).

Directions: Write down the emotions in the space provided below.

Disengagement

Step # 2: Identify the wishes associated with the personal objective that you

would like to disengage from (e.g., “I wish I would not need to give up my objective”; or “I wish pursuing of the objective would have been successful.”)

Directions: Write down the wishes in the space provided below.

Disengagement

Step # 3: Identify the sorrows associated with the personal objective that you

would like to disengage from (e.g., “I feel sorrow from the years of me growing up when my Holidays were difficult”).

Directions: Write down the sorrows in the space provided below.

Disengagement

Step # 4: Identify issues you feel sorry for associated with the personal objective

that you would like to disengage from (e.g., “I feel sorry for for my grandkids who have to deal with so much, therefore I truly want them to experience a great Holiday with me”).

Directions: Write down the issues you feel sorry for in the space provided below.

Disengagement

Step # 5: Identify the “should”s and “should not”s associated with the personal

objective that you would like to disengage from (e.g., “My parents should

have tried harder to work things out between them but did not.” or “I feel bad that I caused stress to my family members when I have high expectations on how Christmas should look like”.)

Directions: Write down the “should”s and “should not”s space provided below.

Disengagement

Step # 6: Commend yourself for having worked through and put aside issues

associated with the objective that you decided to disengage from. (e.g., “I feel proud that I looked at that difficult topic deliberately to decrease my perfectionism about it”.)

Directions: Write down what you commend yourself for in the space provided below.

Disengagement

Step # 7: Saying goodbyes to the personal objective that you

would like to disengage from (e.g., “I will need to put this aside now.”).

Directions: Write down your goodbyes in the space provided below.

Congratulations! You have significantly reduced the ambivalence about a personal objective that was hard to disengage from. Please repeat the above steps for other goals/issues that you would like to disengage from.

Using this self-leadership strategy you have transformed the goal that was hard to depart from into something that allowed you to be open to experience change.

Next Steps:

Exercise: We would like you apply this strategy to your most important objectives during the next two weeks. To do this, you need to:

• Identify and write down your most important objective to depart from

• Identify then write down your emotions

• Identify then write down your wishes

• Identify then write down your sorrows

* Identify then write down what you feel sorry for
* Identify then write down the “should”s and “should not”s
* Identify then write down a word of affirmation
* Identify then write down your goodbyes.

Step 1:

Specify *what, when, where and how* to perform the above strategy in an “*if-then*” format (e.g., “If I have find time to disengage from being stressed about not getting everything done in time for the holidays, I will put a reminder in my calendar to take time to use the seven disengagement steps”.):

*If I…*

*then I will do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

 *what day and time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

 *which location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

 *how:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Step 2:

Please specify in *“if…then”* statements *when, where and how* you will deal with any arising obstacles that may impede your goal attainment (e.g., “If I get text messages when I am trying to disengage, I will turn my phone off”.):

*If…*

*then I will do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

 *what day and time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

 *which location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

 *how:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Step 3: Repeat the Above:

• Identify and write down the task/activity/objective to depart from

• Identify then write down your emotions

• Identify then write down your wishes

• Identify then write down your sorrows

* Identify then write down what you feel sorry for
* Identify then write down the amends to be made
* Identify then write down a word of affirmation
* Identify then write down your goodbyes.