

Self-Reflection Exercise: The Holidays

Koh-Parenting's self-reflection series will guide you in information-gathering to help you to understand yourself better and empower you to take charge of your behavior and your relationships.

WHY SELF-REFLECT?



Self-reflection can be a powerful tool in your co-parenting journey. Our natural tendency to fixate on the behavior of others can leave us feeling frustrated and stuck. Engaging in self-reflection focuses our attention on what we CAN control (i.e., our own behavior) and can be more effective in attaining our goals. This exercise prompts you to ask yourself questions about your past and present thoughts, sensations, feelings, and actions **regarding the holidays.**

QUESTIONS ABOUT HOLIDAYS PAST.

What were my past holidays like?

Questions	Your answer
Think about your experiences of the holiday season as a child. What family/cultural traditions did you observe? What events/parties/rituals were part of your routine each year?	
What are some of your most salient holiday memories? What feelings do you associate with those memories? What physical sensations do they bring for you?	
Think about your experiences of the holiday season in recent years, as an adult. What are some of your most salient holiday memories with your co-parent? What feelings do you associate with these memories? What physical sensations do they bring for you?	
Of all these holiday memories and traditions, which are most important to you? How can you honor these? How can you continue them with your child?	
Of all these holiday memories and traditions, are there any you would like to let go of? How can you do that?	

QUESTIONS ABOUT HOLIDAYS PRESENT.

What will this holiday look like?

Questions	Your answer
Think about the weeks ahead. What emotions come to the surface as you anticipate the holidays?	
Picture you and your child during the holidays. What would you like to do together? Which traditions/rituals would you like to share? What values would you like to teach?	
What emotions would you like to feel? What emotions would you like your child to feel? How will you and your child feel connected during this time period?	
Review your holiday schedule. Does it allow opportunities to create these connections? Does it align with your vision? How can you prioritize those parts of your schedule ? Can you eliminate or adjust any parts that do not?	
Are there any parts of your holiday plan that will be hard for you? What will you need during this time?	
Are there any parts of your holiday plan that will be hard for your child? What will your child need during this time?	

Questions	Your answer
Are there any parts of your holiday plan that will be hard for your child? What will your child need during this time?	
Check in with your body. Do you feel rested? Have you been fueling and exercising your body in ways that give you energy? Do you feel tension or tightness in any part of your body?	
Think about what helps you to feel your best. How can you fit those into your holiday schedule?	