

Five Ways to Not Fuck Up Holidays with Family of Origin



- Stay curious about family members you have known your whole life by asking **FIVE** open-ended questions to engage: What matters most in your life right now? Where do you hope to visit in the next year? Who has impacted you the most this year? How did you decide what to bring to dinner today? When might we reconnect again?
- Stay grounded by practicing a **FIVE** second pause prior to responding in **EVERY** conversation.
- Stay present by invoking all **FIVE** senses throughout the day: noticing one thing you see, smell, touch, hear, and taste in any given moment.
- Stay safe in conversation by avoiding the **FIVE** fatal table topics: Religion, Politics, Childhood, Child-rearing, and News, aka, anything you read on CNN, FOX, etc. (Bonus: Never utter the term “Fake news.”)
- Stay validating by invoking one or more of the **FIVE** levels of openhearted listening: Active listening (repeat what you heard stated), Reflective listening (ask if what you heard is what speaker meant, and if not, ask for clarification), Appreciation (Thank you for sharing), Genuine Interest (Tell me more...), and Radical Acceptance (I get it!)

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