

# HOLIDAY SURVIVAL GUIDE

How to Get Through the Holidays  
Without Losing Your Sh\*t

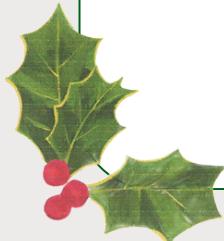


**Laura Foster**  
Founder, Souls Healing Humanity

# What's Included?

**Your Holiday Survival Guide is everything you need to make this Holiday season a piece of cake! In it you'll get:**

- Short Story: "How to Survive the Holidays without Booze, Drugs, or a Shotgun"
- Wisdom Wand Preparations
- Choose a Theme or Mantra
- Self-Care Menu
- Contemplation and Reflection



## HOLIDAY SURVIVAL GUIDE

How to Get Through the Holidays Without Losing Your Sh\*t

If the holiday season makes you want to throat-punch a nutcracker, congratulations — you're normal. The world has programmed you to perform, please, overspend, overcommit, and call it "joy." This guide is your permission slip to stop that seasonal circus and get your sanity back.

Welcome, Black Sheep.

You're not here because you "can't handle the holidays."

You're here because you refuse to keep pretending that:

- forced family time is magical
- your lack of enthusiasm is a moral failing
- you should be grateful while you're slowly dying inside

F\*ck that.

You're awake now.

And awake humans don't participate in bullsh\*t traditions just to keep others comfortable. You're here to do the holidays differently — and guess what?

Different is where freedom lives.



## This Guide Will Help You:

- ✓ Protect your peace without apologizing
- ✓ Say "no" without guilt
- ✓ Escape emotional landmines disguised as traditions
- ✓ Take up space as your True Self
- ✓ Stop performing happiness and actually feel it

This isn't about surviving another holiday.

It's about stepping out of the programming that's been running your life.

## The Black Sheep Badge of Courage

If you're holding this guide, you've already earned it.

Being the Black Sheep isn't rebellion for rebellion's sake — it's refusing to betray your soul just to be accepted by people who don't even like themselves.

That's not defiance.

That's alignment.





# How to Survive the Holidays without Booze, Drugs, or a Shotgun!



**Laura Foster**

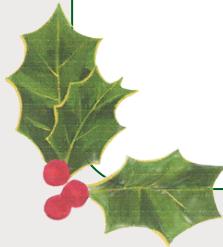


Ah, the holidays! That special time of year when your family gathers like a bunch of mismatched ornaments on a tree. You love them, but let's face it, spending extended periods of time with your nearest and dearest can sometimes feel like you're stuck in a never-ending shitstorm.

As you enter your childhood home, you are greeted with half-assed hugs and snarky remarks about your clothing choice. You choose not to react and saunter into the living room, where the six-foot faux tree slants and leans up against the window.

The tree has been dragged out of the attic for the past several decades and serves as a visual reminder of how fucked up your family truly is. There's the massive tangle of multi-colored lights that just gets placed in the middle of the tree because no one has the "time or energy" to untangle them. There is a decades-old Aunt Minnie's fruitcake ornament that refuses to decompose. A miniature German soldier complete with a Nazi uniform. (How the fuck am I related to these assholes?) And it's all topped by an angel who looks remarkably like a drunk celebrity with a crooked halo.

But you are here now, and since you have been "Doing the Work" this past year, you are certain you have all that you need to survive without booze, drugs, or a shotgun. Yes, you spent years in therapy, but last year, you discovered the magic of Holistic Scaffolding and Wisdom Wands. You came armed today with several, and you spend some time mentally reviewing them as you hear an argument break out between Aunt Susan and Uncle Fred about which end of the turkey produces the most flavorful stuffing. (Uh, it's the asshole end, Uncle Fred, always the asshole end!)





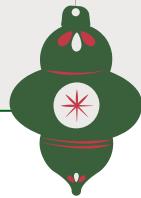
You are snapped back into reality as you reach down into your pocket and feel the miniature remote control that you have in your pocket. This is the first of your Wisdom Wands and has certainly come in handy in the workplace, but will definitely get a workout today. The small remote control has a dominant "Mute Button," and whenever someone drones on and on, I just press that fucker, and they magically shut the fuck up.

Next, you grab your phone and pull up your cleverly crafted "Holiday Bingo Card." You have spent several weeks drafting out this game, and your eyes glance over several squares:

- Men Shouting at the Football Game on TV
- Monolopy Meltdown
- Grandpa's Recliner Snoring Fest scares little Fi-Fi. (Mom's true daughter, the miniature Yorkiepoo, OMG, humans, please stop breeding everything with a poodle! Oh, but maybe things have already gone too far as I look at my cousin Tracy; she does have amazingly beautiful curly blond hair. I digress)
- The word "Gilbets" is mentioned and not in reference to the turkey
- Uncle Tom still wants me to "pull his finger."
- Turkey Stuffing Debate- Check
- Cousin Coco flashes her "Drunken Diamond" and brags about how fabulous her fifth husband will be.
- Hear myself ask, "Are you sure this is Vegan?"

I hear my mom calling me from the kitchen and contemplate a wonderful Wisdom Wand: My Cloak of Subtle Avoidance, where I cleverly invent something really important that I have to do in the other room. But, being this is my mom and I only just arrived, I will keep that cloak handy for later.





My mom is donning her blue conservative apron, stirring the gravy, and motioned for me to grab my apron from the walk-in pantry. It brings me great joy to slide my Micahelango's David apron over my head, tie it firmly around my waist, and turn and face my Aunt Thelma. She squeals and screams, "That is so disgusting and inappropriate you can see his giblets!"

Later, as we are starting to shuttle ginormous bowls of side dishes to the formal dining room, weird cousin Larry corners me. And starts a litany of rapid-fire questions, Ah, the perfect time to utilize this Wisdom Wand: Selective Memory Loss. I furrow my brow, look directly at Larry, and ask, "Do I know you?" And walk away!

Mom asked me to call in all the football watchers, and as I entered the living room, eight guys were yelling at the TV about some tight end. (Check: and bonus round, I didn't know football could be so interesting!)

We all get seated at the table, and Great Uncle Frank is asked to say the "Blessing," which goes on FOREVER but gives me another opportunity to use one of my survival Wisdom Wands: Trigger Breath. Every time someone says something that triggers me, like Great Uncle Frank's saying, "Baby Jesus," I mentally go to my happy place and just breathe.

Finally, Great Uncle Frank concludes the blessing, but Great Aunt Sally starts discussing how the world is horrible and if only people would "Find Jesus" (Uh, didn't know he was missing,) we could have world peace once and for all. OMG, Christ on a Cracker! Great Aunt Sally is about the most bigoted, narrow-minded person I have ever come into contact with. Believe me, when she dies, she WILL put the "Bitch" back in obituary! I digress.





However, as the conversation turns to politics, I am able to focus on another calming Wisdom Wand: Napkin Origami. This one I have been practicing at home. I begin folding my napkin into a crafty little muzzle for racist cousin Wanda and a straight jacket for her husband, I don't remember his name, thank goodness or perhaps it is my Selective Memory Loss working overtime.

After the dinner dishes had been cleared, a monopoly meltdown ensued (Check), and pumpkin pie was served. I could hear myself ask, "Are you sure this is Vegan?" I secretly got out my phone and checked those squares, and proudly yelled, "BINGO!" My relatives looked at me like I was a lunatic, which fervently gave me a little pride boost.

I survived another holiday with my family, but before I leave, there is something that I must do. I wander back into the family room, where the ancient tree slants against the window, and I lean in to find my ornament. It is a dilapidated stuffed Black Sheep with a little shiny badge affixed to his shirt that says, "Black Sheep Badge of Courage!"

Making my goodbye rounds to folks who share my DNA but not necessarily my beliefs, I am truly grateful for them and all that I am learning on my journey. I can only imagine next year as I will have even more Wisdom Wands and unconditional love for them all.



# Wisdom Wand Preparation



**Helpful Tools  
To Get You Through  
This Holiday Season**

# Wisdom Wand

## Mute Button

Carry a small remote control in your pocket or just imagine you have one. When someone starts droning on and on about bullshit you do not want to hear, press the mute button.

Take notice of your magic as they amazingly shut up. Or at the very least, you can still see their lips moving, but their voice sounds like Elmer Fudd. This works best with a sly grin and light laughter.

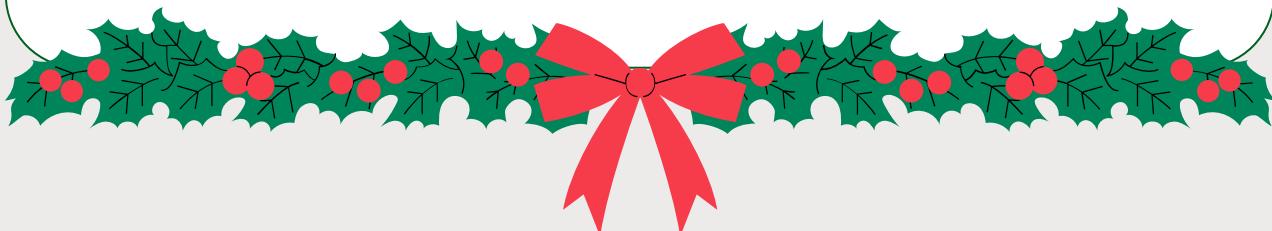


# Wisdom Wand

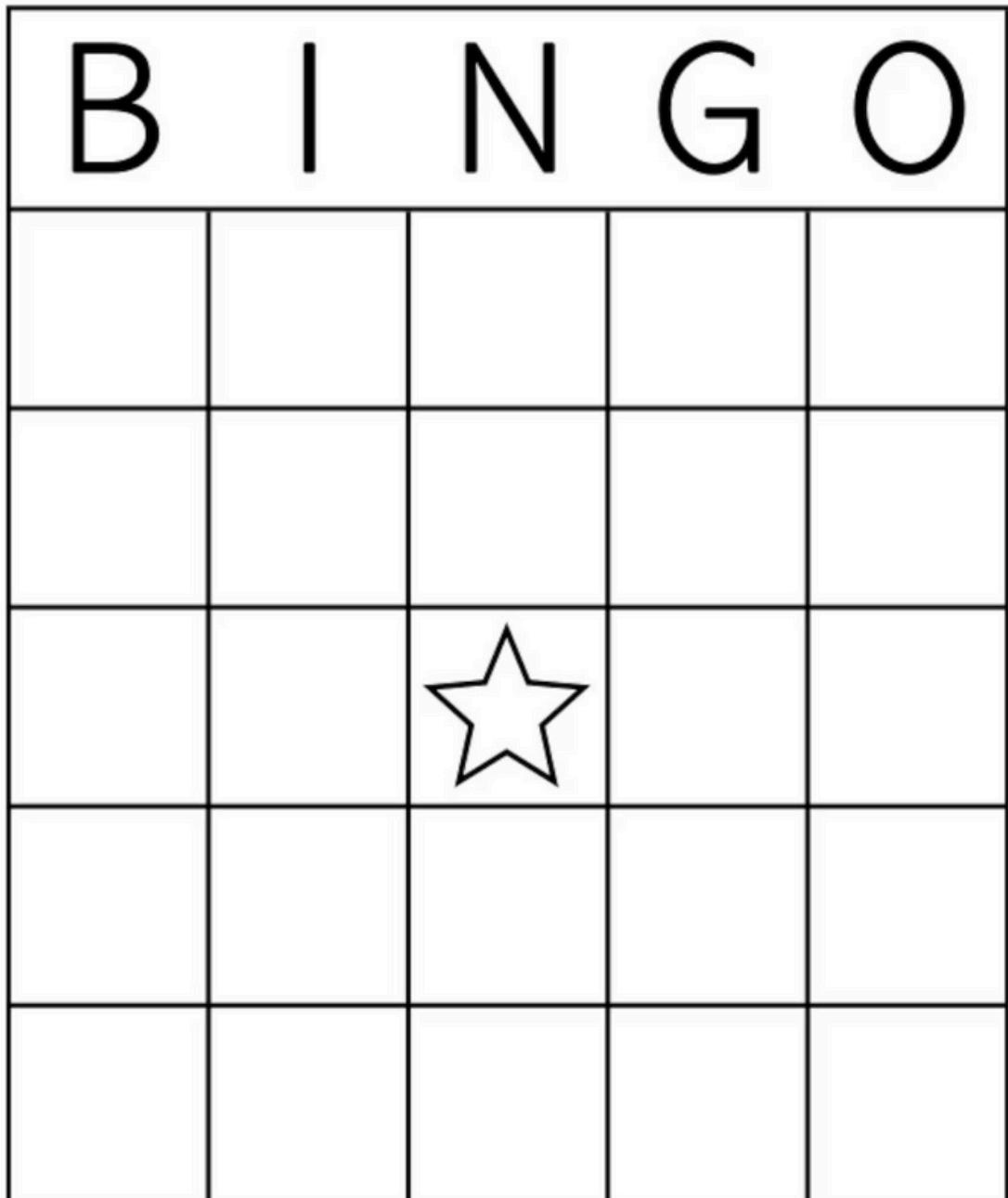
## Holiday BINGO Card

**Take time before the holiday gathering to create your Bingo Card. (See Below) List things that usually happen (like Grandpa's snoring or Uncle Tom's "pull my finger" request). Each time you spot a classic family moment, quietly check it off your Bingo card. Be sure to shout "BINGO!" loudly and proudly when you get a line or column filled.**

Holiday sh\*tshow? Own it. Make a Bingo card.



# Holiday Bingo Card



# Wisdom Wand

## Cloak Of Subtle Avoidance

When trapped in a conversation you'd rather avoid, mentally invent an urgent task that simply can't wait.

Perhaps excuse yourself and say, “I've had over a gallon of egg nog, I need to wee!”

Then, disappear *like a holiday ninja.*



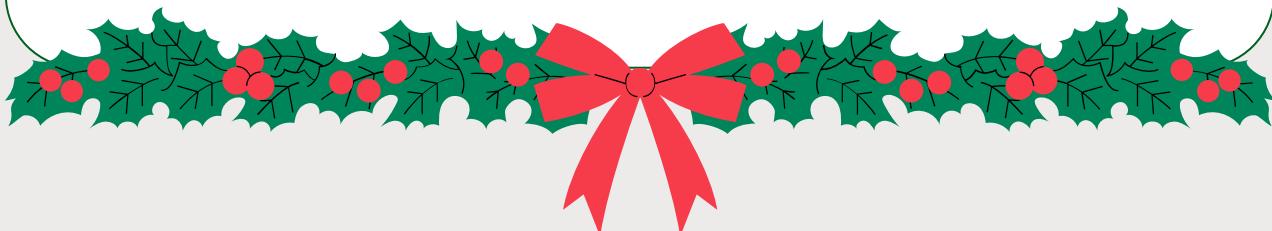
# Wisdom Wand

## Selective Memory Loss

If confronted by someone you would rather not engage with, furrow your brow and give them your best-confused look.

Ask them with sincerity,  
*"Do I know you?"*

Then, turn and walk away swiftly before they can respond.



# Wisdom Wand

## Trigger Breath

**When family discussions  
veer into trigger territory,  
take a deep breath.**

**Picture yourself firmly in your  
happy place  
(preferably one that is  
far, far away from  
your family gathering).**

**Release your breath slowly.**

**Repeat as necessary until you're  
calm enough to face the shit storm  
of conversation again.**



# Wisdom Wand

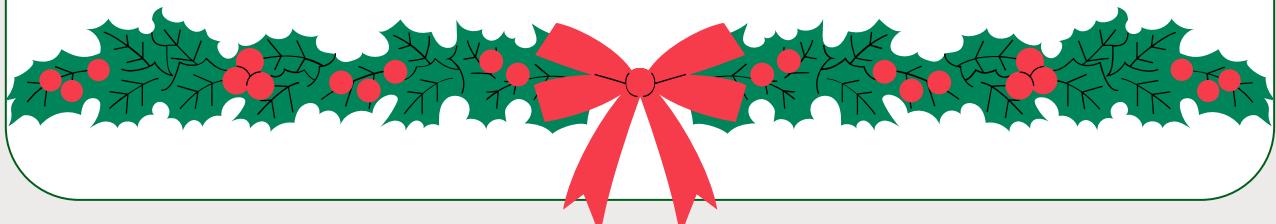
## Napkin Origami

**Subtly engage your  
Napkin Origami Wisdom Wand  
by folding your napkin into an elaborate  
design during tense moments.**

**(It is best to spend several weeks  
practicing prior to the event.)**

**Craft a clever muzzle for the loudmouth  
at the table or a straightjacket for the  
family member going on about anything  
that triggers you, (politics, religion,  
animal sacrifice, and such).**

**Your napkin artistry will speak volumes  
without saying a single fucking word.**

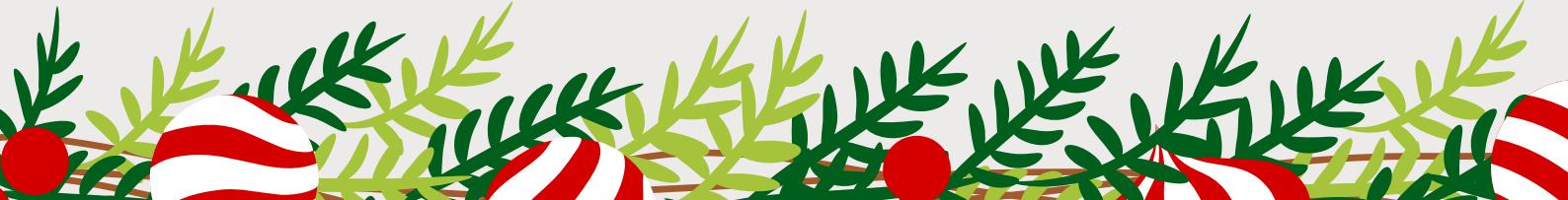




# Choose A Theme/Mantra

**Creating a monthly theme and mantra that reflects where you are in your journey can be a powerful way to help you stay focused, motivated, and prevent you from choking an annoying relative.**

**Here are some examples, followed by directions to help you create your own.**





# Choose A Theme/Mantra

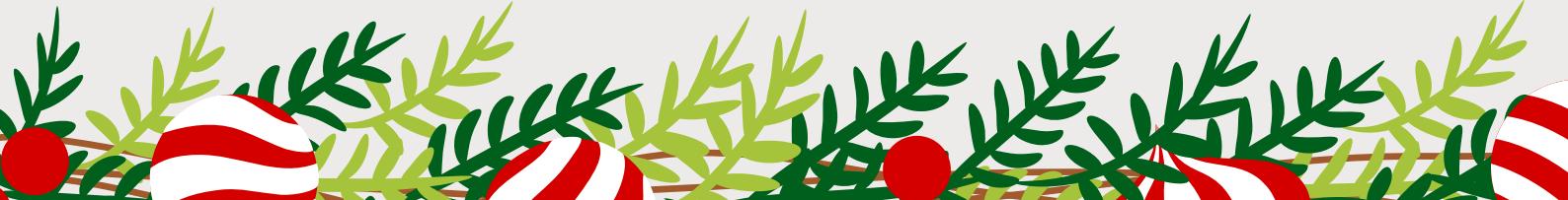
**Theme: Gratitude**

**Mantra:**

**“I am grateful for all that I have, and I ask that (Spirit, Universe, God, the one-eyed cat down the road) keep showering me with blessings and proving to me how worthy I am!”**

**Theme: Self-Love**

**Mantra: “No matter how crazy busy it is this month, I will put myself first and schedule time for myself every day!”**

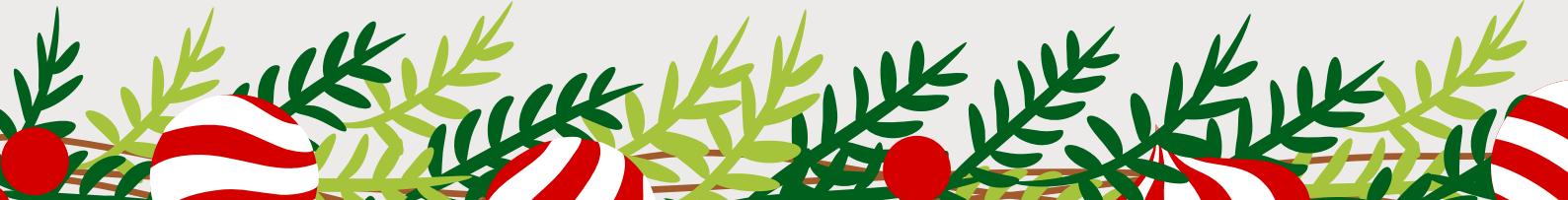




# Create your own Theme/Mantra

**Choose Your Theme:** Select a theme that encapsulates your focus for the month. Your theme should be a single word or short phrase that reflects what you are currently working on in your journey.

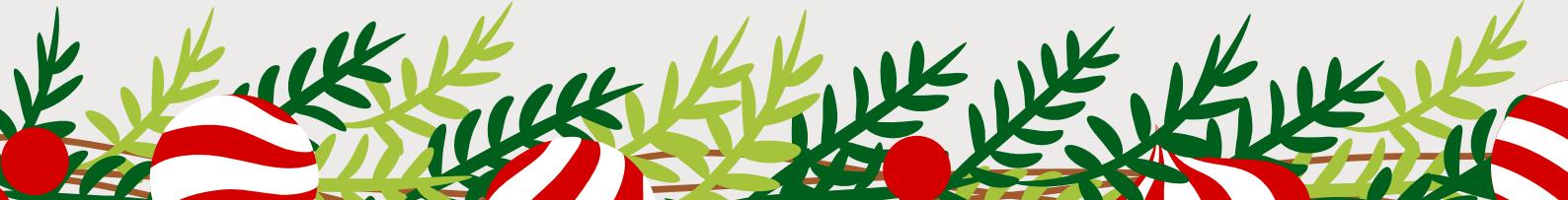
**Write Your Mantra:** Craft a mantra that complements your monthly theme. Your mantra should be positive, concise, and written in the present tense.





# Self-Care Menu

- Practice one of the Wisdom Wands
- Take a warm essential oil-infused bath
- Get out in nature (Spot gnarly trees that look like your relatives)
- Buy yourself a new gratitude journal and a set of gel pens
- Declutter your space (Maybe that Elf on the Shelf really needs a new home.)
- Explore a healthier way to make a holiday favorite
- Do a craft you enjoy (Make a play-do figure of an annoying relative)



# Contemplate And Reflect



**Take Some Time To Consider The  
Following Questions**

After reading the story, can you identify and relate to any of the characters?  
Who and Why?

Think for a second about how important  
your family is to you.

What aspects of your relationships with your relatives mean the most to you, and what do you intend to improve over the holiday get-together? Or, do you just plan to survive the event without hurting anyone?

- What are your expectations for this upcoming holiday gathering?  
Are there any specific challenges or conflicts that you can anticipate?

Which Wisdom Wand will you utilize the most during this holiday season? Why?

Do you have any unsolved matters or topics you'd like to discuss with certain relatives? What positive approaches can you take to these discussions?

(Warning: This is totally dependent on where you are on your journey.)

If you are just starting to unpack all of your bullshit programming, do NOT attempt to resolve emotional timebombs or broach touchy subjects.)

- Practice Gratitude: Are there family members who have supported you over the years? Even if the answer is No, can you think of three reasons why you are grateful for your family?

- Before the gathering, Identify your boundaries and self-care strategies (Utilize the Pre-Holiday Planning Calendar and Wisdom Wands). How will you ensure you have moments of solitude and self-renewal during the festivities?

- Are you the “Black Sheep” of your family? If so, what stories do you tell yourself about being the “Black Sheep?” Are you ashamed or proud?

After your holiday gathering, reflect on what you learned. What went well? What could have been better? How did the Wisdom Wands and Pre-Holiday Planning Calendar help?

# In Conclusion

There you have it! Your complete guide to not only surviving but, dare I say THRIVING through the upcoming holiday season. I'm so happy to have you here on this incredible journey, and I hope you have gotten as much out of this guide as I got creating it for you!

If you're feeling like you've just scratched the surface and want to dig a little deeper, I urge you to read [Fed Up, Not F\\*cked Up](#), the book over this holiday season. It is a great book to pause and cool down during the chaotic holiday time, and it'll set you up for an amazing start to the New Year.



Love  
and ((HUGS)),  
*Laura*

