



Your Gathering Game Plan

Make room for connection without losing sight of your limits. Give yourself permission to make choices that protect your time and energy during social gatherings. It is okay to say no, leave early, step away for a break, or ask someone you trust for support.

1

What Matters to Me?

Choose one or two things you hope to get from this gathering.

- ☐ Connect with loved ones
- ☐ Enjoy a tradition or activity
- ☐ Support someone
- ☐ Meet someone new
- ☐ Keep things simple
- ☐ Leave with energy

A good gathering would look like:

2

What Limits Will Help?

Make a few decisions before social pressure makes them harder.

Routine I want to protect:

- ☐ Sleep
- ☐ Regular meals
- ☐ Quiet time
- ☐ Movement
- ☐ Medication
- ☐ Time at home

Arrive: _____ Leave: _____

3

What Is My Support Plan?

Prep what you may notice & what to do next.

I may need a pause when I notice:

- ☐ Tension or irritability
- ☐ Feeling overwhelmed
- ☐ Wanting to withdraw
- ☐ Trouble following conversations
- ☐ Feeling pressured to eat or drink
- ☐ Feeling lonely or disconnected

My support person: _____

If I need a break, I can:

- ☐ Step outside
- ☐ Find a quieter space
- ☐ Text or call someone
- ☐ Change the subject
- ☐ Leave earlier than planned

To help reset afterwards:
