

# GETTING ALIGNED WITH YOUR SPOUSE BEFORE PURIM

We'll help you identify your boundaries, build a plan simple enough to stick with, and give you the tools to start the conversation.

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## WHO THIS GUIDE IS FOR:

This is for couples who want to get on the same page about Purim – figuring out logistics, managing anxiety, and making a plan together.

This guide is not for those struggling with addiction, or to replace any safety plan created by your care team.

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## HAT ARE MY BOUNDARIES?

So you know you want to do something different this year... but if you knew exactly what you needed, you would've sorted this out years ago.

And "figure out your boundaries" sounds nice, except: how do you actually do that?

## STEP 1 – FIND THE MOMENT:

When you imagine Purim day, what's the moment that makes you tense up?

Close your eyes and notice: Is it...

- A specific time of day?
- After a specific visit?
- Driving around?
- At a party?
- Something else?

Feel free to write down your answer:

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## STEP 2 – EXAMINE IT CLOSER:

Now take a look at that moment:

What's the thing that makes it cross from "annoying" to "unacceptable"?

Try finishing this sentence a few different ways and see which feels true:

"What I can't handle about that moment is \_\_\_\_\_."

## STEP 3 – WHAT WOULD MAKE IT OKAY?

Think about that moment you're worried about. What would need to be different for you to feel okay about it?

Is it:

- Knowing exactly when they'll be home?
- Being able to reach them if you need to?
- Them staying at a certain level?
- Having help with the kids at specific times?
- A backup plan if things go sideways?
- Something else?

What comes to mind:

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## STEP 4 – WHAT YOU NEED:

Based on what you just figured out, let's get specific about what you're bringing to the conversation.

I need to know that...

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(Things you need certainty about - like "you won't drive" or "you'll answer your phone" or "the kids are taken care of")

I need you to...

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(Specific actions or agreements - like "be home by 4pm" or "check in at noon and 3pm" or "not drink if you're solo with the kids")

If things don't go according to plan, I need...

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(Your backup - like "to be able to call you home" or "you to take responsibility the next day" or "us to talk about what happened")

This is non-negotiable for me:

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(What you absolutely can't bend on - safety stuff, deal-breakers)

This would make me feel better but I could be flexible:

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(Things you'd like but could potentially compromise on)

Now you're ready to talk.

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## HOW TO START THE CONVERSATION

You've figured out what you need. Now you need to actually say it.

A good opening does three things:

- Names the topic clearly
- Acknowledges their side too
- Invites them to problem-solve with you

### SAMPLE CONVERSATION STARTER:

- Name it: "I want to talk about Purim..." / "Can we figure out Purim before it gets here?"
- Acknowledge them: "I know you want to celebrate..." / "I'm not trying to control what you do..."
- State your need: "...but I need us to have a plan so I'm not anxious all day."
- Invite them in: "Can we figure this out together?"

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## WHAT WE AGREED ON

After your conversation, write down what you decided together. This helps you both remember and hold each other accountable.

The plan for Purim day:

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(Who's doing what, when, where)

Check-in plan:

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(When/how you'll stay in touch)

If things go off plan:

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(What happens if the agreement isn't working)

What I'm responsible for:

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What you are responsible for:

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