How To Tackle Festive Social Events

TRINITY
TRANSFORMATION

SITUATION 1 ·

The top-up

Lunch/dinner at the table with family or friends. Your glass is half empty and someone leans in with the bottle.

> *“Go on, let me top you up!”*

SOUND FAMILIAR?

- *“It’d be rude to say no.”*
- *“Oh go on then, it’s Christmas...”*
- *“I’ve lost count anyway, what’s one more?”*
- *Says nothing and lets the glass be filled.*

TRY THIS INSTEAD

- “I’m good, thanks, still enjoying this one.”
- Hand over the glass: “I’m pacing myself tonight.”
- “I’d love a sparkling water, actually.”
- “Not for me, thanks, I’m driving.”

SITUATION 2 ·

The bar round

The work do. You've just arrived and a colleague is at the bar getting a round in.

> *"What are you having? Don't be boring!"*

SOUND FAMILIAR?

- *"I don't want to be the boring one."*
- *"I'll just have what everyone else is."*
- *"It's a free bar, I'd be mad not to."*
- *Start explaining the diet... and the questions begin.*

TRY THIS INSTEAD

- "A sparkling water with lime, please!"
- Take ownership of pouring shared bottles.
- "I'm sorted for now, I'll get the next one."
- Head to the bar first: a drink in hand means no one pushes.

SITUATION 3 ·

The food pusher

Dinner at a friend or family member's house. You've finished your plate and the host appears with the serving dish.

> *"Go on, have some more, I made it specially!"*

SOUND FAMILIAR?

- *"They'll be offended if I say no."*
- *"Oh go on then, just a little bit..."*
- *"I'd better clear my plate to be polite."*
- *"I'll just be extra good tomorrow."*

TRY THIS INSTEAD

- "That was delicious, I'm properly full."
- "Could I take a little home for later?"
- "It was amazing, you'll have to give me the recipe!"
- "I'll come back for some in a bit." (No one checks.)

SITUATION 4 ·

The buffet table

A party or other gathering. You're chatting right next to the food and your hand keeps wandering to the nibbles.

> *"Just one more... nobody's counting."*

SOUND FAMILIAR?

- *"It's only little bits, they don't count."*
- *"I've no idea what I've had, so who cares?"*
- *"I'll skip dinner to make up for it."*
- *"I've blown it now, might as well carry on."*

TRY THIS INSTEAD

- Look at the whole spread first, then choose.
- Use a small plate: half protein and veg, then the rest.
- Take your plate and move the chat away from the table.
- Keep the extras you love, skip the "just there" ones.

SITUATION 5 ·

“It’s the festive season!”

A night out with friends. Everyone’s ordering cocktails and desserts, and someone notices you hesitate.

> *“Oh, live a little, it’s Christmas!”*

SOUND FAMILIAR?

- *“Everyone else is, so I should too.”*
- *“I don’t want to spoil the fun.”*
- *“I’ll just start again in January.”*
- *“I’ve already gone over, tonight’s a write-off.”*

TRY THIS INSTEAD

- “I am living, I’m having a brilliant night!”
- Pick the one extra that’s really worth it, and enjoy it.
- Ask: “Will I be glad I did this tomorrow morning?”
- Went over? Next meal is back to normal. No guilt.