



FA-LA-LA-LA FUUCK OFF

RITUALS FOR YOUR
~~SHIT~~ NAUGHTY LIST

(Because Not Everyone
Deserves a Silent Night)

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FOR TOXIC EXES

THE DOOR SLAM RITUAL

Write their name on a piece of paper and place it in a jar with salt, chili flakes, and black pepper.

Seal the jar and say,
“Stay away, stay out, your time here is done.”

Shake the jar vigorously whenever they pop into your mind until you feel free from their energy.

FOR MEDDLING IN-LAWS

THE CLOAK OF SILENCE

Burn sage or rosemary while imagining their annoying energy being muffled.

Place a small mirror on your altar or sacred space to reflect their meddling back to them.

While focused on the mirror, say “May your words be as quiet as snow, meddling energy, away you go.” Repeat as necessary to recharge the mirror’s reflection power.

FOR THE POLITICAL PREACHERS

SALT CIRCLE SHUTDOWN

Sprinkle a pinch of salt in a circle around yourself before the family gathering, visualizing an invisible boundary.

Carry a hematite stone to deflect their argumentative energy.

If they start up their ranting, silently repeat, “Your words hold no weight here.” Hold your stone and envision it being charged by your thoughts.

FOR THE CHRONIC FLAKE

THE CLOCK STOPPER

Write their name on a piece of paper and place it in a freezer-safe bag filled with water and a pinch of salt.

Freeze it while saying, “Time stops for you; keep your chaos away.”

Defrost it only when you feel ready to reengage with their flaky behavior.

FOR THE FAMILY GOSSIP

THE LOOSE LIPS HEX

Write their name and “Zip it!” on a slip of paper, then tie it with twine.

Place it in a jar of honey to sweeten their tongue and stop the gossip. While drizzling the honey, say, “What you say of me sticks sweetly to you.”

Seal your jar and keep it on your altar or sacred space for as long as needed.

FOR THE PITY COLLECTOR

SYMPATHY SWAP RITUAL

On a black candle, carve “Give back what you take.” Anoint the candle with oil while envisioning their need for attention and pity.

Burn the candle while imagining their energy draining away from you. While it burns, watch the flame and say, “Your pity stays with you, my energy remains my own.”

Allow the candle to burn down and dispose of their need for pity as you dispose of the wax.

FOR THE EXPECTATION ENFORCER

SILENCING THE NOSY RITUAL

Write the nosy questions you want to avoid on a piece of paper. Imagine your overbearing relatives being unable to speak while writing your list. When you're done, burn the list while saying, "Your curiosity ends here." Gather any remaining ashes and put them in a container to carry as a talisman.

Carry a small obsidian stone for deflection. When all else fails, throw it at them.

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