

POSITIVE HOLIDAY MEMORIES

(Holiday memories you are happy about)

NEGATIVE HOLIDAY MEMORIES

(Holiday memories that bother you)

INSTRUCTIONS

Estimated Exercise Time: Give yourself an hour.

Make 2 columns on a page in your journal, notebook, or piece of paper. On one column start with all the good memories you have had since you were little about the holidays. Write them down, describe your feelings about them as best you can.

On the second column write out the memories you know bother you. Things you feel burdened with. Then, do you dread seeing “that” person? Focus on how they made/ make you feel. The story isn’t as important as the feelings. Which feelings do you want to feel more of? What would you have to do to feel more of those? Would you have to let go of something to have those feelings?

Can you love yourself for having the difficult feelings instead of seeing yourself as flawed or angry, or scared, or that something is wrong? Can you be ok with what was and now is? Could you be willing to take some small steps to shift how you react to things?