

The Holiday Season

These exercises are meant to lead to a dialogue on the meaning of the holiday season in your own mind and in your relationship. Use one or both of the following lists as seeds for writing in your journal.

A. Complete the sentences:

1. I am a person who believes that gifts are ...
2. When I was small, getting a gift meant ...
3. Holidays are ...
4. If I could ask for anything, I would ask for ...
5. If I dared to give you the gift that I think you most deeply desire, I would give you...
6. When you give me a gift I love, I feel ...
7. For me, the best gifts are ...

B. Rank the following list from “1” to “11” in order of importance to you, where “1” is highest priority, and “11” is least priority.

“The winter holiday season is a time to...”

- ___ Participate in community activities.
- ___ Spend time with my immediate family.
- ___ Create a beautiful holiday environment.
- ___ Celebrate the spiritual significance of the season.
- ___ Exchange presents.
- ___ Entertain, go to parties, or visit friends.
- ___ Reach out to those in need.
- ___ Spend time with my extended or distant family.
- ___ Relax and have a renewing celebration.
- ___ Express my creative abilities.
- ___ Other _____

Briefly share the results of your journal writing with your partner in preparation for a dialogue about your feelings, thoughts, concerns, and desires regarding the holiday season.