

Help for the Holiday Blues Workshop Questions

1. Which days/dates/holidays carry your greatest pain and concern?
2. What issues that you are experiencing are the most difficult for you?
3. How has the current climate of unrest, isolation and uncertainty affected you most?
4. What are you missing? Who are you missing?
5. With whom can you share emotions and memories safely through the holidays?
Who allows you to cry or be real? What makes them safe?
6. Who do you anticipate will create obstacles to you caring for yourself? How can you work with or around them?
7. What do you need to communicate to the people around you so they better understand your actions, reactions and needs?
8. List three things you will do for yourself this season.
9. Identify two changes or solutions you can consider regarding gift giving, holiday cards, socializing or helping others.
10. What resources can you utilize during the holidays and in the coming year?