



KTIS: November 22, 2021

Truly Happy Holidays

The Four Relational Secrets to A Happy Holiday

- Not “if” it happens - my plan for when it happens
- What if things don’t work out the way I planned (*Of course they won’t! We’ll still be married.*)
- What if there is a person in my family I don’t get along with? (*Of course there is!*)
- What if my significant other and I get tangled up in my family dynamics? (*Of course you will!*)

Having a clear picture of who I will be, not what I will do/how the other person will react.

1. Being A Scientist (*versus being caught up in the whirlwind*)
 - a. seeing/learning/understanding how things generally unfold
 - b. recognizing the part(s) I used to play (including the judge!)
 - c. choosing a new role (and letting go of managing theirs!)

2. Staying In The Loving Present (*versus prosecuting attorney*)
 - a. listening versus reacting
 - b. looking for the 90%
 - c. being thankful/speaking words of gratitude

3. Picking A Second Response: Choosing Our centered self
 - a. forgiving them, before you get there (for your sake)
 - b. remembering, always, that their struggles are their struggles (and are difficult)
 - c. choosing compassion (their struggles are very similar to ours; we understand)

4. Creating A Strong Team (*versus allowing yourselves to be divided*)
 - a. supporting each other (looks, smiles, head nods)
 - b. comforting each other
 - c. taking breaks together (walks, naps, etc.)

Each of these visions/road maps will help us to be our best self, make us happier, and help us to be more grateful, during these times of celebration.

Now that’s something to celebrate!