

SOME REFLECTIONS ON THE HOLIDAY SEASON

Purpose:

To get in touch with our varied responses to the Christmas season to determine implications for the marriage relationship.

Complete the exercise separately and then join your group for couple dialogue.

1. What do you like best about the holidays?
2. What do you think your mate likes best about the holidays?
3. What do you like least about this season?
4. What do you think your mate likes least about this season?
5. During the holidays, what leads to the most irritation with your mate?
6. Rank the following special days in the order of their importance to:

	YOU	YOUR MATE
Birthdays	_____	_____
Christmas	_____	_____
Easter	_____	_____
Father's Day	_____	_____
Fourth of July	_____	_____
Mother's Day	_____	_____
New Year's Day	_____	_____
Thanksgiving	_____	_____
Valentine's Day	_____	_____

7. What are your holiday favorites among the following for:

	YOU	YOUR MATE
Family traditions	_____	_____
Church activity	_____	_____
Music	_____	_____
Flowers	_____	_____
Cusine	_____	_____
Other	_____	_____

8. How do your "family or origin" holidays affect your present ones?
9. What can you do to make your mate's holiday more satisfying?
10. What would you like your mate to do for you to make your holiday more satisfying?