Holiday Reflections

WHAT CAN WE GLEAN SO FAR?

1. What was last year like? Were you super busy? Did a big fight erupt with your people? Did you wish for more interaction with others? Please describe what your days and nights looked like:

2. How did that affect you? Did you feel overwhelmed? Sad? Angry? Lonely? Okay? List as many feelings as you can recall:

3. How do you feel revisiting this experience in your mind now?

4. How would you like to feel this year?

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5. How's this holiday season looking so far?

6. Sit with this for a moment. Notice what happens inside your body. Does this feel ok? Is something not sitting well? Do you have any strong urges? Name what's coming up for you:

7. Looking at what came up within you, if your body could talk - what would it say? What do you need? Listen without objection, we can get creative later. Right now we simply want to tune into what you need.

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