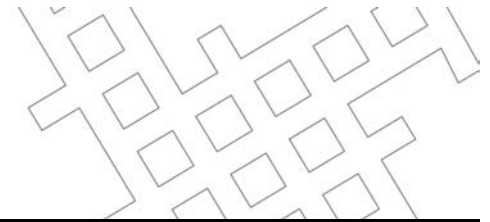


What Are You Celebrating?



Carole and Ronald Krist Samaritan Center for Counseling and Education

There are no right and wrong answers. No “shoulds.” The message of this exercise is that Christmas is rich in meaning, and you need to decide what is most important to you in order to have the most satisfying holiday season.

To complete the exercise, read through the following ten value statements, cross off those that have no importance to you, and add any equally important ones that we have not included. Then decide which of the remaining values is most important to you. Put a “1” beside that sentence. Then find the one that is next important to you and put a “2” beside it. Continue in this manner until each statement has been assigned a different number. Even a value that has a low priority can still be important to you. Remember: 1 is highest; increasing numbers represent decreasing value.

___ Christmas is a time to be a peacemaker, within my family and the world at large.

___ Christmas is a time to enjoy being with my immediate family.

___ Christmas is a time to create a beautiful home environment.

___ Christmas is a time to celebrate the birth of Christ.

___ Christmas is a time to exchange gifts with my family and friends.

___ Christmas is a time for parties, entertaining and visits with friends.

___ Christmas is a time to help those who are less fortunate.

___ Christmas is a time to strengthen bonds with my relatives.

___ Christmas is a time to strengthen my church community.

___ Christmas is a time to be relaxed and renewed.

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Source: Unplug the Christmas Machine by Jo Robinson & Jean Coppock Stachel.