

The Griever's Holiday Bill of Rights

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You have a right to say "TIME OUT" anytime you need to do so.

Time out to let up, blow off some steam, step away from the holiday, huddle and start over.

You have a right to TELL IT LIKE IT IS!

When people ask, "How are you?" you have the right to tell them how you really feel, not just what they want to hear.

You have a right to DO THINGS DIFFERENTLY!

There is no law that says you must always do Christmas (or other holiday) the same way. You can do 10 cards instead of 100. Or you can do no cards at all. You can open presents at somebody else's house. You can do without a tree. You can have pizza instead of turkey. The list is endless.

You have a right to BE WHERE YOU WANT TO BE!

Be at home or with friends or relatives. Be in any city, any state you choose. There is no law that says you must stay

You have a right to SOME FUN!

When you have a day that isn't so bad and you feel like doing something just for fun, do it. Don't be afraid of what s and having a good time Laughter is every bit as important as tears. As hard as it is to believe, you will laugh again.

You have a right to CHANGE DIRECTION IN MID-STREAM!

Holiday grief is unpredictable. You may be all ready to go somewhere or to do something and suddenly be overwhelmed by your mind. There will be plenty of times in life to be predictable. Exercise your right to change your mind.

You have a right to DO THINGS AT DIFFERENT TIMES!

Go to church at a different time. Open presents at a different time. Serve your holiday meal at a different time. Go t slave to the holiday clock. You may even choose to celebrate on a different day.

You have a right to REST, PEACE, and SOLITUDE!

You don't need to be busy all the time. Take a nap whenever you need one. Take time to pray and/or meditate, to r

You have a right to DO IT ALL DIFFERENT AGAIN NEXT YEAR!

Just because you change things one year, doing something different does not mean you have written it in stone. N do things another new way.

by Bruce H. Conley © 1992

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