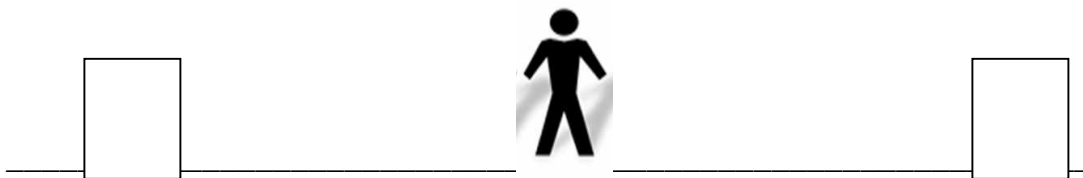


12 Stresses of Christmas and Other Holidays
Note-taking Handout

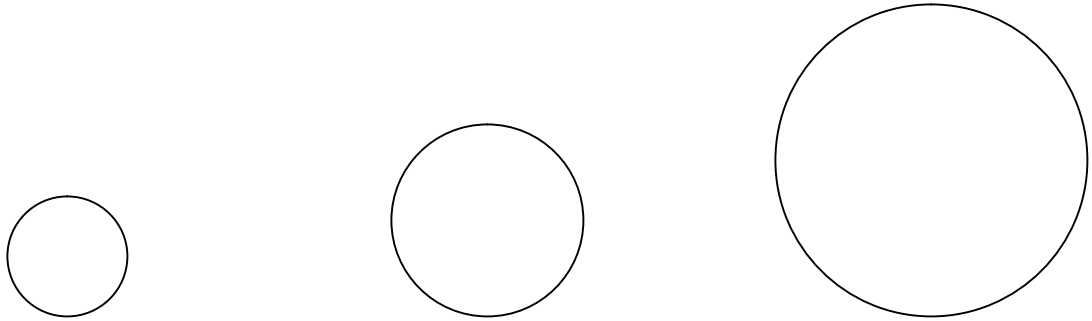


How You Relate to What You Want

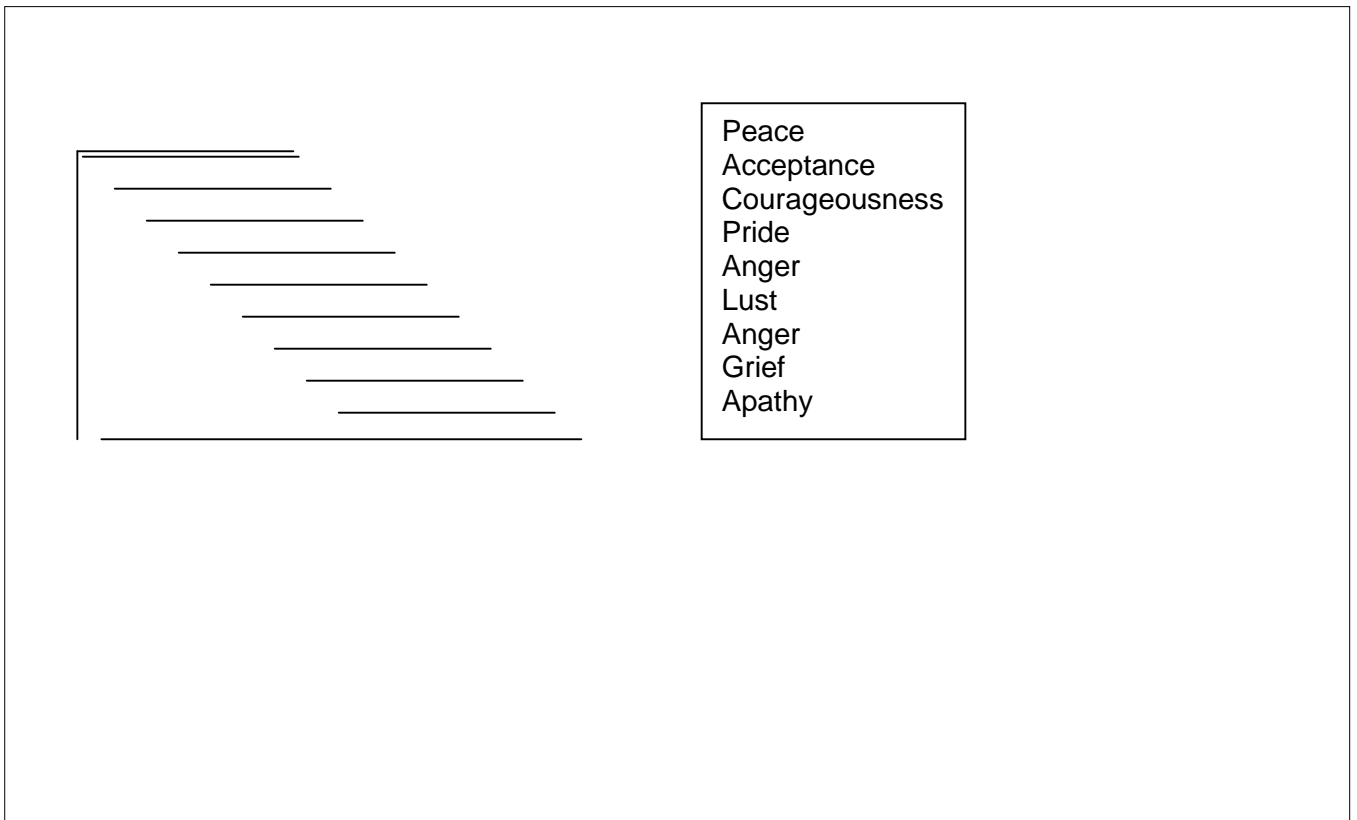
Progressing...



From what you have to what you want.
From where you are to where you want to be.



Relationship Model: Little Circle, Big Circle and Equal Circle



Nine Emotional States

Six Main Background Points:

1. We can redefine anything and everything
2. We are 'protecting' ourselves
3. Translation of inputs is a great tool
4. Our translations are based on our Emo-States
5. Everything we do is to make us feel better
6. The Healing Codes can help with all the other 5

Stresses of Christmas and other holidays at this time of the year:

1. Stress is a composite of all the previous Christmases in you and your family.
2. Stress comes from giving our power away to others.
3. Being stressed by others' definition of Christmas.
4. Not realizing making a happy Christmas takes work and attention.
5. Worrying about paying for the inevitable expenditures.
6. Regretting what we did or didn't do; what we should've or shouldn't have done.
7. Family relationships; feeling required to buy gifts for people you don't even like.
8. Misunderstanding wanting and having; the difference between having and having.
9. Low chance of doing it right and high risk of doing it wrong.
10. Conflicting Needs: time, money, shoulds, shouldn'ts, etc.
11. Procrastination.
12. Sense of disconnection from
13. Focusing on the negative.

What we can do to reduce the Stresses of Christmas:

1. Redefine Christmas
2. Give caring rather than substitutes for caring
3. Give gifts that make life more comprehensible, manageable & meaningful
4. Decide on a budget with 'no gifts over \$x and total can't exceed \$y'
5. Go to places where gifts are. Practice what you want.
6. Practice gratitude to get aligned and lighter
7. START NOW!
8. Decide to like Christmas. Intend to like the holidays.
9. Being in 'present time' gives you the best chance to create what you want.
10. Use The Healing Codes to 'update & upgrade' your beliefs

Thoughts that triggered something emotional for me
(and whose 'healing' would lead to my greater peace)

1.

2.

3.

4.

5.