



I'll be home *alone* for Christmas.

Holiday support for divorced, divorcing and/or separated partners of sex addicts, with Gaelyn Rae Emerson.

Courageous Explorations™ Writing, Reflection + Sharing Questions

on the topic of:

“Ghosts & Gifts of Christmas Past”

Haven't paused to start processing this stuff? Not sure what (if anything) you want to share during our group sessions? Here are some questions you might find helpful.

- What is one holiday memory or encounter that fills you with joy and invites you into a place of happiness?
- What is one holiday memory or encounter that fills you with pain and invites you into a place of sadness?
- What is one unresolved challenge you wish to speak out loud amongst others who understand?
- What is one loss you wish to share and grieve in the company of others, to feel it within a safe and comforting environment?
- What is one specific regret you've been carrying, and how is that impacting your life during this holiday season?
- What is one mistake for which you can (or can't) forgive yourself?
- What is one holiday symbol that once held meaning or significance for you? How has that changed? How has it remained the same?
- What holiday tradition, activity, or sensory trigger (sight, sound, scent, touch or taste) do you find (a) triggering or (b) soothing?
- What is one meaningful gift you can share with our group today?
- What is one special something you can share with your loved ones this week?
- What is one meaningful gift you can ask others to give or do for you this week?
- What is one gift you can lovingly give to yourself?
- What new holiday tradition can you start for yourself and/or your loved ones this week?
- What "comfort item" or "soul symbol" did you bring to this session? What does it represent, and/or why is it important to you?
- What is one specific action you've taken this week that has brought you peace?
- When I am alone and aching this week, I will remember the following affirmation...
- When I am alone and struggling this week, I will reach out to others who...
- Especially this time of year, I give myself permission to care for myself by...
- On these topics of "I'll be Home (Alone) for Christmas," and "Ghosts and Gifts of Christmas Past," I am proud of myself for...

I'LL BE HOME (ALONE) FOR CHRISTMAS was developed and presented by Gaelyn Emerson, Women Ever After, LLC

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