

14 Tips For An Addiction-Free Holiday Season

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If you're still struggling with your addiction or wondering how you can make it through the holiday season without relapsing, these tips will help you.

1. Plan Ahead

Who will you hang out with?

Who do you need to avoid?

What parties are okay to attend, which do you need to avoid?

Plan now what you are going to say to turn down invitations from those who want you to go do things with them or attend certain parties that you know will be too tempting for you. By knowing ahead of time what you are going to say, you won't be caught off guard and have a tendency to blurt out "yes."

2. Handling Difficult Relationships

It's not always possible to avoid the people who tend to push your buttons. But it is possible to learn how to react differently. Remember, no one else makes you upset – it's your choice on how you respond.

So, how can you respond differently to people who say things that make you upset? Here are some examples:

Don't get pulled into an argument. Here are some possible statements:

[Be silent!!]

"I'm sorry you feel that way."

"Although I disagree with you, I prefer not to get into a discussion on the subject."

"If I've hurt you in the past, I'm sorry. Will you forgive me? I'd rather not discuss that situation since it's over and there's nothing I can do about it."

Don't start arguments! Drop your past hurts and frustrations. Focus on loving people today, especially since you've forgiven them for whatever they did to hurt you. You have forgiven them, haven't you?

3. Turn Your Focus To Loving and Serving Others

The best way to overcome your self-centeredness during the holiday season is to spend more time on reaching out to be around other people ... in an effort to show love to them and to serve them. Do it without expecting anything in return from those you serve.

4. **Change What You Think About**

You must purposely decide what to keep your thoughts focused on. This also requires that you catch yourself as soon as you start thinking wrong thoughts ... and stop that line of thinking ... no matter how difficult it is. You can make a list of things to think about (perhaps your goals – see the next tip), so you can have choices of positive things to think about.

5. **Have Goals Beyond The Holiday Season**

Life continues after the holiday season ends. Set some big goals right now that you want to accomplish by the end of January (end of February at the latest). Be very specific in your goal and the steps necessary to accomplish it. Now, instead of getting depressed or down during the holidays, focus on *working* on these goals.

6. **Choose The Right Attitude – Every Morning!**

Before you even get out of bed, make the decision to have a *fabulous* day ... no matter what comes your way or how you feel. Put a smile on your face. Do something to raise your energy level ... which will also help you maintain your positive attitude.

7. **Forgive Quickly**

Being around people who might push your buttons to make you mad or hurt you is not easy. Especially during the holiday season. Sometimes family members and others who are close to you throw back in your face the fact that you've screwed up your life through your lifestyle of addictions and irresponsibility. Realize that, until these people see ... over a long period of time ... that you have changed, they're not going to believe that you have permanently changed. So, ignore their comments. Don't get pulled into an argument. Instead, demonstrate your new behavior by showing love to them. If you do end up getting hurt – forgive them immediately. Don't go back to your old habit of stuffing the pain and then eventually returning to your addiction.

8. **Eliminate Anxieties and Fears**

There is a technique I learned about a year ago that almost instantly relieves anxieties, fears, frustrations, and whatever emotions you're stuck in. It's similar to acupuncture, but it's done with tapping your fingertips on certain parts of your body known as meridians. To get the free download of the manual for this technique, called EFT (Emotional Freedom Technique), go to www.emofree.com While there you can also search their website for different problems or emotions that you struggle with. The results will amaze you! You don't even have to believe that it will work – it will work. You can have relief in a matter of minutes in most cases!

9. **It's About Relationships – Not Gifts**

Yes, people like to receive gifts, but you need to be more concerned about taking time during the holidays to be around people you love in an effort to re-establish broken relationships, deepen old ones, and develop new friendships. Remember, gifts are easily tossed, but relationships last a life-time.

10. Find a Family to Help

Do you know a co-worker, neighbor, or someone from your church who needs help during the holiday season? You can do many things: financial help, buy gifts (and give them anonymously!), take the kids shopping for their parents, babysit while the parents go shopping, cook a holiday meal or cookies, fix a car problem, etc. Although our economy has experienced a financial meltdown, love never fails!

11. Volunteer To Avoid Loneliness

If you're going to be alone on Thanksgiving Day or Christmas – find a place to volunteer. Call around *now* to get your name on the list of volunteers for that day. Check out your local rescue mission, or ask at your church.

12. Stop Your Negative Self-Talk

Stop telling yourself “I can’t make it” or “I know I’m going to drink (do drugs, etc.)” or “I can’t handle it!” What you speak – comes true! Decide what you *do* want and speak it forth. Instead of saying “I don’t want to ruin this holiday season,” say, “I am going to have a fabulous, positive holiday season.”

13. Find An Accountability & Prayer Partner

Ask someone to be your accountability and prayer partner. You have to ask him or her. Don’t be afraid – they will feel privileged. But don’t choose another person who is dealing with an addiction. Find a strong, emotionally healthy person to ask. Exchange your prayer requests and ask if you can call that person should you find yourself struggling. And also call that person to share your victories!

14. Pray With an Attitude of Expectation

God is waiting to hear from you! He is waiting to help you become the person He created you to be and to fulfill the divine destiny for which He created you. Pray, believing God has already provided the answers – and *watch expectantly* for the manifestation of those answers.

To obtain more information on how to transform your life from one of addictions (or any other life-dominating problem) to living the abundant life, purchase my 3 ebook combination (1) *Yes, You Can Permanently Overcome Your Addiction!* (2) *Understanding Your New Identity In Christ* and (3) *Applying Biblical Principles To Major Problems*. On sale through December 31st. You can also download a free audio that describes an overview of the process at www.OvercomeAnyAddiction.org. Check out my blog also. Send me an email with your prayer requests and praise reports. I’d love to hear from you!

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