

# *12 Tips For An Addiction-Free Holiday Season*

Kathy Williamson

[www.wisdomforliving.org](http://www.wisdomforliving.org)

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. 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. 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.

## **3. 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.

## **4. 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

5. **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.

6. **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 addiction 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.

7. **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, *everything* matters!

8. **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, baby-sit while the parents go shopping, cook a holiday meal or cookies, fix a car problem, etc.

9. **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.

**10. 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.”

**11. 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 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!

**12. Have an Attitude of Gratitude**

Express your gratitude *every day*. Start a list and every evening before you go to bed add to the list everything you’re grateful for, especially the blessings you received that day.

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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 workbook – **Radical Breakthroughs To Abundant Living**. This 272 page book (plus the 66-page Scriptures package) is in a 3-ring binder. Great for individual study or use in a group – designed for a 12 week study.

Kathy Williamson  
Speaker & Author  
Wisdom For Living Ministries  
P.O. Box 11660  
Prescott, AZ 86304  
(928) 925-5410  
[www.wisdomforliving.org](http://www.wisdomforliving.org)  
[kathy@wisdomforliving.org](mailto:kathy@wisdomforliving.org)

# **Free At Last!**

Bonnie Compton Hanson



**Huddled, imprisoned, helpless and caged  
My hopeless and broken heart ranted and raged,  
"Why, dear God, why must this pain and despair  
Overwhelm me and conquer me? Life isn't fair!  
Or don't You care?**

**"I feel so unworthy and chained to my life  
Of downfalls, addictions, wrong choices, and strife.  
Folks say there's no hope; I should just give up now.  
But I want to do better and please You, I vow!  
I just don't know how."**

**God wrapped His love all around me that day.  
Drying my tears, He said, "You're Mine to stay.  
I know that alone you scarce can break free,  
But together we'll do it, you wait and see!  
Just trust in Me."**

**So I fed on His Word and learned to obey—  
And slowly those cage bars just melted away!  
I lifted my wings, scarce daring to try,  
Yet they fluttered and stretched out toward the sky.  
Praise God, I could fly!**

**So when the world reminds me of my old cage  
Of sins and of weaknesses, despair and rage,  
I point to my Savior, who died for that past,  
And made all things new. I'm now free at last!  
Praise God! Halleluiah!  
I'm now free at last!**