Discussion Questions
Use these questions to facilitate and guide your small-group sharing time. (You do not need to try and get through every question!) Encourage people to share, but let them know they're welcome to simply listen.

Begin with an icebreaker – Go around the circle, give your name, and tell what city and state you were in for last year's holiday.

1. What one word describes how you feel about the holidays (e.g., nervous, relaxed, fearful, tense, excited, etc.)? Why?

2. In one or two sentences, what do you miss most about your loved one during the holiday season?

3. Which suggestion or truth from the video was the most helpful to you? Why?

4. What did you think of the suggestion to come up with a plan for the holidays? What did you learn from the video that might help you create a plan?

5. One of the experts suggested scaling back the number of activities you engage in. If you were to take that advice, what one holiday activity would you immediately cross off your to-do list? How would refraining from that activity benefit you?

6. Which practical suggestion about dealing with holiday gatherings was the most helpful to you? Why?

7. What new ideas did you get from the video about how to face the pain during the holidays?

8. How might you try to remember your loved one this holiday season?

9. What existing traditions are you confident you'll keep this holiday season? What are some new traditions you might begin this holiday season?