

Have a Reason to NOT Like Holidays?



Do some, or even ALL holidays bring you sad or hurtful memories? CONGRATULATIONS! You're in the club! The "I have good reason not to like holidays" club, that is. Oh, and you're not alone; in fact, this club is far bigger than the "Holidays have always been wonderful for me" club.

So what are your qualifications? Please mark all that apply:

- I wish my parents had done, or would do, things differently
- Someone I love, or loved, let me down or hurt me
- I have no one to love and feel forgotten, like no one cares
- I miss someone terribly, or I feel lonely, even with people that love me
- I'm too tired, sick, busy, broke, or broken-down to care
- Other people or things ruin it for me

I'm gonna wager that you meet more than one qualification and that more than once, felt like life was a little unfair to you, giving everyone else your share of happy. Sometimes your share seemed to go those that really didn't deserve or appreciate it! It's no wonder you don't want to enjoy certain or all holidays; the fact is, you don't feel like there's anything *to celebrate!*

Again, you're not alone. Even if this doesn't describe you, I can assure you, you don't have to look too far to find people that feel this way. They are EVERYWHERE. While certain heart-breaking memories seem to have been created on or near a holiday, I'm thinking the whole thought of stopping to celebrate reasons to love and be loved, like holidays and special days, just emphasizes everything. And who wants the absence of love emphasized? Not this girl! Yep, I'm part of the club, too. I'm just as human as anyone else. Boy, could we have a giant pity party together, I'm thinking!

But. . . hang on. Even on days that are not holidays, those memories still exist, don't they? They are written in our hearts, and though no two hearts are exactly the same, we can understand each other's pain, as we have felt it too. **Pain is pain, and heartbreak is heartbreak;** it all hurts a great deal, no matter who you are or what caused it. Chances are, all of us have fallen into that awful pit of despair, hopeless about ever finding a way out. Some days, those dark walls surround us again, out of nowhere; it doesn't seem to matter how long ago it was, or how far you've come since. Once it's etched in your heart, you don't just forget. I say, that's okay.

It's okay to know where you came from. It's okay to prove to yourself you could survive. It's okay to have another day to decide where you go from here. It's okay to realize that YOU and the world live on, for very good reasons. It's okay to know that YOU are the only thing you need to rely on, because no matter what, YOU are never alone. The whole time, there was a higher power with you, mysteriously carrying (or dragging) you through when you couldn't take it anymore. To me, it's God, and I know He's always part of me, no matter how low I feel, and all I have to do is acknowledge there is light somewhere (acknowledge Him), and somehow, I get through. *I'm still here.* I MADE it through! Think you can't do it? But you ARE doing it!

Sad memories are just that. They are MEMORIES of your PAST. Today, though, is NOT the past and wasn't the pain intense enough the first time around? Chances are, you've re-lived it now, too many times to count. You

are proof that what doesn't kill you absolutely made you stronger, and you know it. You survived because you were DESTINED to. You have today, now, for a very good reason, but today can't come to you completely if part of you is still stuck in the past! How do you get out of the past, though? Simple. Add something to today to make it DIFFERENT and BETTER than the past, regardless of your current state!

Sad? Do something that makes you happy. Lonely? Do something for others or with others that makes you feel good about yourself. Think you need someone to make you happy? Take the time to just be by yourself, appreciating who you are, or letting yourself experience something new. (By the way, it's okay if your "by yourself" time is around other people.) Missing someone special? Write them a letter to thank them for what they taught you about yourself or about life. The letter is just for you, to do with it whatever will help you remember to live a new day EVERY DAY, and to live it BETTER because of your past. Stay focused on good memories and lessons that you can use to make today and beyond benefit from what you've been through!

Remember that no matter how sick, broke, tired, or stressed out you are, you are constantly choosing to love or deny yourself, too. Where's the benefit in inflicting additional pain to yourself? Apply good ideas you get to any situation, and let's continue. No family traditions you want to carry on with your family, or no longer can? Start some new traditions. Some people I know do wonderful things, like construct a garland/flower holder over a loved one's tombstone and decorate it on special days. Most believe they can hear and see us, so if it makes us feel better, why not? You are free to do whatever you like, you know! Required family gatherings not so fun? You're still the boss of you, and thus, your level of fun too. It may help to remember most others have pain in their past, and not everyone can find their way out of it, and just function in whatever way they can. Be kind. Find your fun, somewhere, even if you have to go hide out with the kids. They make their fun!

Honestly, it's not for me or you to judge. The only person I truly need to be concerned with is me, and I remind myself that my actions *matter*. I know that what helps me automatically helps others. What hurts me automatically hurts others, because no matter how alone we may feel, the truth is, we are NEVER alone. Someone, somewhere IS connected to you, or IS SUPPOSED TO BE connected to you. When you don't allow your true, peaceful self to live this life in a way that is joyful to you, you deprive EVERYONE ELSE that is destined to be connected to, and enjoy life with you, and often, BECAUSE OF YOU! You matter so much

"Raise \$1 million for charity while making the world a happier place!"

*-Mary Anne, Author
RISE ABOVE THE SH**!*

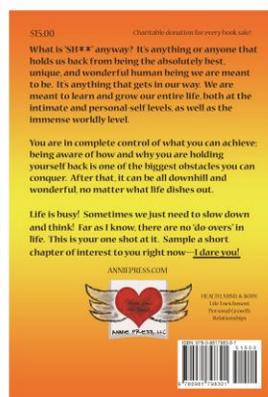
more than you know, so don't keep yourself from the world. That's my greatest wish. . . try to help me out. Much love to you! *~Mary Anne*

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