

Key for Acronyms

DIFALD = Describe in full and loving detail

HDIF = How do I feel. . .?

HDIFA = How do I feel about. . .?

HDIFAT = How do I feel about that?

HDMAMMF = How does my answer make me feel?

HDTMMF = How does that make me feel?

MMF = . . .make me feel?

WAMFA = What are my feelings about. . .?

WAMFAT = What are my feelings about that?

THANKSGIVING

1. What am I most thankful for? HDTF
2. What have you done for me today that I am most grateful for? HDMAMMF
3. Do I tend to see the blessings or the curses in life? HDMAMMF
4. Do I show you how much I appreciate you? HDMAMMF
5. Do I show our children how much I appreciate them? HDMAMMF
6. Do I believe life owes me? HDMAMMF
7. Am I content in my circumstances? HDMAMMF
8. HDIF about a big turkey dinner on Thanksgiving? DIFALD
9. HDIF about celebrating Thanksgiving with the hungry or homeless or lonely?
10. Do I like to attend Mass/church on Thanksgiving? HDMAMMF
11. Do I have an attitude of Me First? HDMAMMF
12. Do I see your generosity toward me? HDMAMMF
13. Do I share my blessings joyfully? HDMAMMF
14. HDIF about celebrating Thanksgiving with extended family?
15. Do my children say "Thank You"? HDMAMMF?
16. Do I thank my children when they do something for me? HDMAMMF
17. Do I see myself owing my employer, or my employer owing me? HDMAMMF
18. Do I think life has been unfair to me? HDMAMMF
19. What have I most taken for granted? HDIFAT
20. Is it easier for me to give or to receive? HDMAMMF
21. Would I rather celebrate Thanksgiving at our home or a relative's home? HDIFAT
22. What would I like to do during Advent this year? HDIFAT
23. Do our children know what Advent means? HDMAMMF
24. Do I give thanks to God for what I have not received, accepting that that is His plan?
HDIFAT
25. HDIF when you get sick during the holidays? DIFALD