

## Holiday Life... I don't like this gift

***Situation:***

Yesterday's mail brought a Christmas card from my sister Maggie. Tucked inside the card was a little angel pin with a tiny ruby colored stone on it. My first reaction was, "This isn't something I would ever wear!"

***Symptoms:***

The thoughts continued... "Now that's a pretty poor reaction to a gift! I should be grateful. Maggie's taste and mine used to be similar. Christmas time is for good thoughts, and not liking a gift someone bought for me isn't a very nice thought." It was like I was ten years old again and my Mother was lecturing me, "It's the thought that counts." Then I wondered how many gifts I've given to other people, that they haven't liked.

***Solution:***

I decided to look at the situation from a sensible point of view: Not everyone likes all the gifts they receive – it's average. There are probably millions of people a year who get things they don't especially care for. So, I'm not wrong I'm average for not liking the little angel pin. I don't have to like everything. In fact, it would be exceptional for me to like every single gift I ever received. Maggie's not wrong, she's average for selecting that particular gift. I'm sure she thought it was nice, or else she wouldn't have picked it for me.

***In the past:***

Normally I would stash something I don't like in a drawer or a closet. I felt obliged to keep it for at least a few months. "Obliged" is part of the judgement, "I should - I should like it, I should keep it." This time because I took the time to investigate not only my thoughts but the temper (the fear & anger) I was thinking, I thought of a good solution: I could give the angel pin to the eight-year old girl next door along with the other gifts I bought for her. Her birthday is the same month as mine is. And just to keep myself from working it up any further while I was wrapping it up, I kept chanting the thought: "I'm not wrong, I'm average!" ✍