

Ask Your Therapist

By Krishnabai, MSW, LICSW, the Ashby Center for Counseling

Holidays - Who Isn't With You This Year?

The afternoon before Thanksgiving WBUR (90.9 FM) had a wonderful call-in show about those who will not be at your table - and why. It was a wonderful show and it got me thinking about the holidays and about how to cope with all the losses that have happened during this last year. I know people whose parent, sibling, beloved aunt and others have died. I know several people whose beloved dog or cat has died, including my own most beloved poodle, Shanti the Great. I know people who have lost people or body parts in Iraq and Afghanistan, kids die in car crashes and people lost to bizarre accidents, medical situations, birth and old age.

While we all know that no one gets out of this world alive, it is particularly poignant to contemplate that reality during the season of joy and rebirth.

There are also hidden or less obvious losses such as the loss of a job or a dream or a fetus or a state of health. Getting older is a kind of loss that shows up when there is a barrier where once there was none.

How have you been changed by these losses? Sometimes change brings liberation, growth and renewal. Oppression lifts and we walk out a free person once again. The violent spouse leaves, the hateful boss is transferred to a different department, the job you were fired from yields a job you love. Change comes in many forms bearing gifts of many types.

During this season, take time to reflect upon your year, to the changes you have experienced, and notice how those changes have effected the flow of energy in your life. Are you where you thought you would be one year ago when you were looking ahead to now? Is there anything you still need to do to bring this year to completion? If so, do it. If not, learn why and see what you want to carry over from this year to next. Maybe some things, maybe nothing! You decide!

As for me, in December I am returning to India to renew my soul and revisit the Taj Mahal, the epicenter of love in this world.

To read all the prior Ask Your Therapist columns go to www.krishnabai.com where you can also send Krishnabai a general question for her column.

Krishnabai, MSW is a therapist in Ashby and Wellesley Hills where she sees adults, older teens and couples. The core of her work is the discovery and expression of the Authentic Self. She focuses on the identification, expression,

and resolution of emotions, commitment to honesty and the use of remedial education and information. The Ashby Center for Counseling 978-827-1181.