

Getting it together

Honesty helps families cope with holidays' emotional toll

...the holiday season is a time of joy and celebration for many families. However, for others, it can be a time of stress and emotional strain. The holidays can bring up old wounds and create new ones. It's important to be honest about these feelings and to seek support when needed.

After father, sister, brother and other relatives and even their pets all converge on one lucky relative for the annual get-together, many families have mixed emotions. Secretly, many of the women of family closeness but find it almost unbearable when the family reunions.

YOU CAN ALMOST predict them. After the inevitable arguments over the best ways to spend the holidays, the children and even the pets all converge on one lucky relative for the annual get-together.

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By **BOB TRENZ**, Ph.D.



to each other and then taking the time to understand and work things out. By not something you can do in the lead family get-together. Even when you accomplish it, it needs ongoing maintenance or it will go away.

THE REAL THING must be carried through honesty, admitting your feelings.

Bob Trenz is a Rochester marriage counselor and psychologist. Questions for Dr. Trenz may be sent to Rochester Executive, 44 N. Main, Rochester, 14601.

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