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Are you ready to invite your mate to Thanksgiving Dinner?

Questions and Answers to common holiday concerns.

How do you know when it's time for your significant other to join you for Thanksgiving?

If you are comfortable with your boyfriend or girlfriend then I recommend including them. Sure, your family may embarrass you some, that's what families do!

I don't like Thanksgiving and spending time with my stepfamily. What can I do?

This can be difficult but make the best of it. It's one time a year. I am sure it will make your parent/s happy if you at least make an effort to be kind. Do it for them. If you are not having a good time, then it will effect others around you. Have a new attitude this year. Make a list of reasons what you have to be thankful for this year. Remember, these reasons when you find yourself getting frustrated.

This Thanksgiving may be different because of various changes in your family. How do you cope?

Every year may bring different challenges and a different attitude. Again, do your best to approach the situation as positive as you can. If you feel uncomfortable with the new arrangement that's okay...it takes time. Don't place pressure on yourself. Try looking at the things that make you smile that day!

Do you want to participate and plan something fun for this Thanksgiving but don't know what?

There are some fun traditions many families have. You can create a "blessing box" and have each person put as many blessings as they want in the box. Then read them aloud during dinner. No names are needed. It's just fun!

Also, you can decorate a photo album and include various pictures of the family throughout the year and share and talk about the stories behind some of the pictures.

During dinner, you could also have everyone share something they are thankful for this year.

Be creative, start something new in your family this year!

Hope you have a memorable Thanksgiving filled with many Blessings!

Dr. Nina