

P.A.S.S. Meeting #6

Strategies for dealing with parental alienation:

- One woman set a limit for her daughter-in-law who was wrecking relationships in the family. How? She sent a message to this daughter-in-law that she will not be a family member as long as she continues to send poisonous messages.
- Remember: You can't stop what this daughter-in-law does. But the rest of the family can rally together with you and make it clear to her that she has serious issues. This woman sent a message to her son that "we love you, but we won't tolerate your wife's behavior." They didn't give an inch to that daughter-in-law and they didn't care what she said. The woman rallied together with the kids who are with her.
- One woman hired a private photographer before the alienated child's wedding to take pictures of herself and her children who were with her. This way she had at least some pictures because she knew the alienator was not going to give her any pictures of the wedding.
- Plant seeds. Drop comments "Do you want to hang out on Motzei Shabbos?" (The child ended up taking the bait and hanging out with mom.)
- Focus on the relationship instead of everything else that is going on. Fighting and being angry about the alienation will not improve the relationship.
- Look for the little signs of improvement and draw strength from that.
- Keep living your life.
- Accept the situation and accept that improvements will be very slow.
- Say Tehillim. Hashem has his ways.
- Give choices instead of inviting a Yes/No answer. With choices, the child feels more in control and is more likely to respond.
- Go to the mall and enjoy. Say to yourself, "life is so peaceful right now."
- If us adults could have been brainwashed by certain men in our lives, why wouldn't our children get even more easily brainwashed? They're just kids!
- Remember that Hashem is here and is with me.
- Watch Judge Judy for the fun of it.
- Remember the second part of the Gemara: The *Schechina* cries when a couple gets divorced, ***because the husband doesn't respect the wife.***
- Remember: Don't leave before the miracle happens! You just have to live long enough.

Ways we dealt with yomtov...

- Going to a fun, positive friend and having a great time there.
- Enjoying the kids who *are* home and having a good time with them.
- Be regular. Do everything you did in the past and run your home the way you always did. Pretend that nothing happened.
- Built a sukkah for myself so that I can feel the yomtov spirit. It made me feel like a person.
- Being grateful that certain people do invite me and welcome me warmly.
- Sister2Sister sent bochurim to build my sukkah. My son did come for Shabbos.
- When we get a break from the kids because the kids go away for a weekend a few days, appreciate the space we get.