

November 21, 2019

## P.A.S.S. Meeting #7

Positive experience with alienated daughter-in-law:

- Ask your daughter-in-law which days *she* is available instead of saying, “Are you available next Thursday?” (Let her give you several options and you’ll pick one of the days she suggests.)
- Give universal compliments about her personality as opposed to daughter-in-law’s role as a mother. Ex. “From the little I know about you, you are kind, patient, you always show up, and do what you have to do.” Don’t say, “you’re a great mother and wife” as that compliment is limited to her role as a mother/wife.
- Ask to get to know her more. “I’d love to get to know you better, outside of the context of being the mother of my grandchildren.”
- You might discover she is deeper and more emotionally attuned than you imagined.
- Question to ask ourselves: If coming to this group is causing so much pain, is it better to squash the pain and run away from ourselves by being super busy, or is it ok to cry and let the pain out? What are different ways we cope?

### Topics for future meetings:

- How to deal with pain
- How to deal with loneliness
- Look at the topics listed in “Done with Crying” by Shirley McGregor
- How to deal with our feelings
- What are triggers for our pain
- How to respond to people when they ask questions regarding our children
- Things that worked
- Ideas and suggestions

How do we deal/cope with our feelings? (No judgement here. We each have different ways to cope at different moments...)

- Talking to people, isolating sometimes, participating in groups, having Simchas HaChayim, and acknowledging that the Simchas HaChayim is a gift from G-d.
- Helping others, staying very busy, not sleeping, trying to move forward, davening, going to sleep only when I’m collapsing, being angry at Hashem, talking to Hashem all day, saying the Forgiveness Prayer.
- Running away from my feelings, helping millions of people through different organizations, not letting myself have feelings.
- Running away from feelings, keeping myself busy, watching a movie, doing something nice for myself (massage, go out to eat a nice dinner), wanting to isolate, getting myself out of myself by helping others, getting busy with my job, allowing myself to cry.

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- Keeping busy with the other children in my family, helping other people, helping my mother-in-law who has a 24-hour aide, visiting my mother.
- Keeping myself busy, letting myself cry for 5 min and then moving on, taking off from work for a day to pamper myself.

See Prayer for Forgiveness and Healing