

December 26, 2019

P.A.S.S. Meeting #8

Topic for future meetings:

- How can we deal with the blow on our self-esteem when we get compliments on our accomplishments, but we know that our children are not with us? We might be thinking, “If only they knew...”

How to respond to people when they ask questions regarding our children:

- ◆ I lie. I tell people that “Sure, yes, we’re getting together with the kids on Chanukah. Which day??? Oh, I do whatever works for them.”
- ◆ I used to try to explain to people. Some understood and some didn’t.
- ◆ I started avoiding people who judge me.
- ◆ By now, it’s an old story and people hardly ask questions.
- ◆ I lie. It does feed into my shame, though. It has affected my self-esteem. But truthfully, it’s nobody’s business how many parties and kugels I’m making.
- ◆ A lot of people know. They kind of know not to ask me. But I wouldn’t have a problem lying.
- ◆ I get stupid question from random people. I think, “Just go away. Shut up already.”
- ◆ I tell the truth and then say, “Do you still want to hear more?”
- ◆ People know and they’re not asking questions. They just ask my son-in-law with whom I have a relationship, “What can we do to fix this situation for your mother-in-law?”
- ◆ When a girl, whose dad had tried to sabotage her education, asked her, “Where are you going to school?” She said, “I go to a great school and I’m very happy there.”

Remember:

- Whoever minds, doesn’t matter. Whoever matters, doesn’t mind.
- We grab onto the crumbs we’re given.
- By respecting our children’s boundaries, we can still teach our kids that we’ll respect their boundaries even though nobody else will.
- Every child needs a mother.
- Things will never go back to the way they were. We’ve got to accept our new reality.
- In the last 40-50 years in the Jewish community, if you look around, the alienator parent always loses out and the alienated parent wins. It’s up to us how long it’ll take (sometimes). If we fight back, it’ll take longer. Regardless, we have to wait around a bit.
- When my mother’s friend told me, “Oy, I heard that you don’t speak to your mother!” this woman (whose ex alienated her own mother from her), said, “That’s not true. I speak to her but she doesn’t answer back...”
- **Live your life in such a way that when people speak bad about you, no one will believe them.**
- If we badmouth our ex, others won’t believe us. However, when others hear about it from an outside source, they will believe it completely. And then they might understand us!