

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 (those other people) knew...”
 - This situation expanded my self-esteem because I thought to myself, “Wow! This big rabbi/Rosh Yeshiva is starting up with me??!! I must have something worthwhile that he wants me NOT to have. I’m a worthy opponent.”
 - Since when does my value and success depend on whether my children talk to me or not???!?!?
 - If I was able to believe horrible lies about myself, of course my child, who is so much more vulnerable, believes lies about me!!!!

Important points that were shared in group:

- We can always listen to other people’s opinions but ultimately, we have to make our own decision that sits well with us.
- If my kids reject me in public and my friends know about it, they’re not surprised.
- I’ve told people about my situation and they immediately want to talk to me as they are going through the same things.
- Good book to read: “Don’t shoot the dog.” (It’s about reinforcement and how we inadvertently reinforce behaviors we don’t even like...)
- Sometimes, a terribly unfortunate circumstance becomes the wakeup call and catalyst for change.
- It’s normal for us to wish bad on those people who have caused us so much suffering.
- It’s about hoping and holding on to the little things....
- I’m grateful that I have my husband and we’ve both suffered through the same thing... together....
- In the 80s, we expected our children to listen, comply, help out... Today, our kids think that we were “abusive” if we raised them this way.
- Progress: I’m doing things to take care of myself. Self-care...
- Perhaps we should be there for each other’s simchas by crashing the simcha and dancing with our fellow members and friends. Great idea!!
- I’ve been having it out with Hashem... He sends me little messages that he’s GOT me! For example, I was offered an appointment that worked PERFECTLY with my crazy schedule.
- When the numbness wears off, the pain is so much greater.
- We gotta talk to Hashem. Talking to him is the real davening.
- They take a quarter percent of the truth and blew it up to make it 100% of the truth.
- It took soooooooooo long for my kid to respond because.... she’s a sloooooooooow typist. Yeah, right. ;)
- If the rabbi doesn’t answer the phone or return calls, how about just showing up at his door??
- Rabbi Gamliel Rabinovich: “Today’s generation of kids believe that the luchos says, “Kabed es b’neichem u’bnoseichem....”