

P.A.S.S. Meeting #13

How am I coping with the alienation these days?

- I remember that I have a life separate from what is going on with my children.
- I buy gifts for my grandkids.
- I send gifts through Amazon to my grandchildren.
- I call on Fridays.
- I go according to how my child is acting. If she's open to more contact, I do that. And if I see she's resisting it, I back off.
- I reminded myself to "Let Go and Let G-d." Amazingly, I let it go and my son ended up contacting me and telling him where to drop off the Pesach food for him. He even sent me a photo of all my food on his countertop!!!
- I started davening for all the names on the list and I've been seeing yeshuos.
- I attend Al Anon, OA, 12-step meetings daily. I get support daily.
- I love music – Spotify and Pandora are incredible apps!
- I play guitar.
- I remember that every person has different children and a different situation. What works for one family doesn't work for another family.
- I focus on the things that I do have, and not what I don't have.
- I do things for others.
- There are other people in my life besides my children.
- I'm also a 12-stepper.
- I do self-care.
- I discovered that there's more to me than just being a mother.
- I allow myself to feel my feelings and I don't fight them. I cry when I need to, and I give myself permission to feel down some days.
- I sometimes curse someone and hope that, one day, they'll have the same experience I'm having, and that they'll know what I went through.
- I try to compartmentalize.
- I did some gardening so that I could take care of something else in my life.
- I'm just trying to get through the day.
- I'm trying to take care of myself.
- I'm grateful that I'm alive especially since I had a bad case of the coronavirus.
- I remind myself that my teen has a "teenager brain" and those brains do stuff like this. They're totally inconsiderate at times.
- Rabbi Kellerman: Everything I need, I have; Everything I have, I need.

How do I keep myself busy in a successful way to reduce my loneliness?

- Dr. Miriam Adahan's classes
- Torah Anytime shiurim

April 29, 2020

- Other shiurim
- Reading
- Music
- Painting
- Playing Scrabble against my iPad
- Giving chizzuk to others
- Self-care, self-love, self-compassion
- Learning new things every day
- Sharing information with others
- I'm a SEIT and I've been busy with work and getting a lot of satisfaction that way.
- I started doing ABA – working with kids.
- Filling my brain space with activities
- Buying books
- Works as a nurse
- Reading a lot of books on Emunah
- Zoom art class
- Having a learning partner
- I'm busy with my job.