

May 26, 2020

P.A.S.S. Meeting #14

Topic for this meeting:

- Our community and society encourages us to strongly identify with our children and our parenting abilities. Not always is that ideal or even possible. What identity have I created outside of my parenting?

Some thoughts to hold on to:

- Clean relationships require messy conversations.
- We can make a life separate from this pain and separate from the parental alienation.
- Sometimes we have to shut down some pain in order to keep on living.
- I wake up every morning and remember it's a new day.
- One step in front of the other one. Right foot, left foot, right foot, left foot...
- At times, if I saw that my kids didn't respond to my texts and calls, I decided to give them their space. But there is no right or wrong way to do this.
- Trust your gut!
- Apparently, a lawyer stated that there might be a syndrome in which women in second marriages build their relationships with their new husbands by fighting their new husband's ex-wife. Perhaps it's about creating a common enemy, and it distracts the couple from addressing their own differences and problems.
- It's ok that I live with the pain every day. But I try not to live with the pain *every minute of every day*.
- What works for me is that I want to send my son an email. I want to let him know that I love him and miss him.
- I've been speaking to Ziva Adler from Israel, who has been helping me.
- I've been getting help from Dr. Josh Coleman.
- I've been working with Dr. Sue Cornbluth.
- In my case, I stopped sending cards, letters... I cried and cried for years. I finally extricated myself.
- I can't do what Dr. Sue says.
- Parental Alienation will be a hot topic at the Agudah Convention this year.
- The rabbis need to be educated.
- Done With The Crying is a great book that has helped me.
- I'm doing Emmet groups and they inspire me.
- We parents need to guide therapists and rabbis!
- Therapists should encourage and invite the parents to come to the table and talk when their children complain about them and want to alienate themselves.
- It's a ripple effect... If one child alienates him/herself, oftentimes, other kids in the family follow suit.

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Our other identities:

- I went for a degree and became an accounting teacher. I loved teaching accounting!
- I went for a doctoral degree after my kids left, and I actually graduated last week after 6 ½ years!
- I need to be a *normal mother* to the rest of my children.
- I work on new projects: art, needlepoint, diamond art, painting...
- I knit, I do projects, I organize my house...
- I started knitting.
- I teach. I like teaching.
- I get compliments from the mothers who see what I'm doing nowadays on Zoom with their children. It's nice to be acknowledged like that!