

P.A.S.S. Meeting #15

Thoughts to keep us going...

- If you have to go to your alienated child's simcha, try to go with a friend. At least you'll have your own company and won't feel so alone.
- It appears that when parents split up, **the kids align themselves with the parent who acts like the victim**, as in, "I didn't want to get divorced but your mother is doing this to us as she doesn't really care about you. She only thinks about herself." Thus, despite a prior healthy relationship with the mom, they might suddenly reject her.
- Do your own self-care. You deserve it!
- If you find your body aching all over (chest pain, persistent cough, back ache, etc.), listen to your body. It's telling you that the stress is too intense.
- A rabbi in Monsey told one woman that in most cases, the kids come back. It might take 10, 20, or 30 years. But it seems to happen at some point.
- If your kids left you, don't complicate matters. Don't let the kids provoke you into becoming an unhealthy, angry mom. Continue being a healthy parent and your children are more likely to come around. They shouldn't come around out of guilt.
- Don't "catch" their negative attitude. It can be quite contagious, though.
- We can't control others. But we can control ourselves.
- Let's live our lives without regrets.
- Alienation appears to be a meaningless experience. But we naturally seek meaning in our lives. Perhaps we can remind ourselves that Hashem chose us for this challenge. That might be the meaning...
- Believe in yourself. Someone who has never experienced alienation doesn't know exactly what you're going through. Trust yourself and how you want to deal with your circumstances.
- Be a taker. Take the support and self-care.
- You're being a taker in order to be a better giver.
- Don't give up and your kids will iy'h be back. Be patient. Don't give up hope.
- Don't judge your feelings. All of them are Ok.
- Sometimes it feels like nobody can understand.
- Every person has a different story and a different process. What works for one person might not work for another person. And that's ok.
- We need to set limits and boundaries not to allow ourselves to get abused.
- Knowing that we're not alone is half the solution.
- For many kids, they need to be/move away from the alienator in order to come around to the other parent.
- There is no excuse not to speak to a parent. Even though one woman had a parent with a mental illness, she never thought of not speaking to her mother despite the pain she experienced throughout childhood.