

July 23, 2020

## P.A.S.S. Meeting #16

### Reminders:

- Pain is not a choice. Suffering is.
- When the grief and pain hit, I allow myself to feel it.
- It's ok to cry.
- Some people don't understand our experiences if they've never gone through it.
- If you did the best you could, hold onto that. Forgive yourself for the relationship(s) you don't have.
- I felt at peace at having the opportunity to speak to my son, daughter-in-law, and grandchild for the first time in 20 years. I did not go to resentment; instead I basked in that peaceful feeling.

### What kinds of losses have you experienced?

- Kids going to camp and not being able to send them off.
- Not being able to go shopping with my kids, shopping for camp stuff.
- Being in a store and not being able to buy candy for my grandkids.
- Not being able to talk to my son when he was in a car accident recently. I wanted to be there for him but couldn't.
- Going to a friend's simcha and holding their baby, but not being able to hold my own grandchild.
- Milestones and decisions my kids are making.
- The little things of everyday life, not necessarily the big things.
- I have not had contact with my kids for 6 years... 2 years... 20 years... 7 years.... And I never thought I'd be able to endure even one day without them.
- I didn't go to my child's wedding.
- I never met some of my grandchildren.
- I moved to Israel and my kids never call me.
- I lost my mom when I was 16, didn't have children for the first 9 ½ years, and now my kids are grown and they don't talk to me.
- I don't have women in my life to call family.
- My 2 older boys and my 15-year old son are not part of my life anymore.

### How do you cope?

- Remembering that I did nothing wrong. I tell myself that this is what was meant to be.
- Remembering that pain is not a choice but suffering is.
- Detaching and giving it to G-d.
- Self-care.
- Keeping really busy.
- Handing it over to Hashem.
- Hoping that this will come to an end.
- Crying for the geulah and connecting to that.
- Going to Al-anon meetings.

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- I ran it from it in the beginning. I did a lot of things for others.
- When COVID-19 hit, I had time to think about it. I decided to enjoy life and live it to the max.
- I joined a shiur, a class.
- I go biking.
- I enjoy the 2 kids I do have with me.
- I'm enjoying the kids I do have in my life.
- I listen to Rabbi Golombeck (732-719-3898).
- I daven to Hashem. I say, "Only you, Hashem, understand me fully; help me get together with my entire family."
- I remember to trust in Hashem. I'm appreciating whatever good I have in my life.
- I love the pool and I just go swimming.
- I made a life for myself. I'm the simcha lady and go from simcha to simcha.
- I made lots of friends. I thrive on all the simchas I attend.
- I'm remembering the gifts from Hashem.
- I surrendered to Hashem.
- I asked Hashem to take care of my children.
- I learned that I can't make my kids my *whole life*. They are certainly *a part* of my life. My identity grew to allow more parts in.
- I believe that *yeshuos* come when Hashem wants them to come.
- I learned to love and accept myself.
- I write a lot about it.
- I work on myself and grow every day.