

October 27, 2020

P.A.S.S. Meeting #19

Topic:

What are the different strategies that you've used that made you notice a glimmer of hope?

Note: These examples are shared as ideas that have worked for some of our PASS members, not as suggestions or sources of self-criticism.

- I've written weekly letters to my son and stuck money into the envelopes.
- Years ago, I did not tolerate chutzpah. I'd say to my kids, "I'll speak to you when your voice is as respectful as mine," and I hung up the phone when they persisted to be disrespectful. Many years later, my kids are very respectful both to me and to others.
- I keep inviting my kids for Shabbos even if they don't show up.
- I told my child that I'm a human being and if he can't talk to me respectfully, then perhaps we shouldn't be speaking.
- I said, "If that's the way you'll talk to me, then we won't talk at all."
- I suggested that we'll talk and meet by a therapist.
- I'm honest and have uncomfortable conversations.
- If I sense that there's something uncomfortable, I bring it up.
- I gave my child the space by not reaching out to him right now. On his birthday, this year, he responded.
- I give my kids unconditional love.
- I give tzedakah.
- I get brochos for my children.
- I accepted the fact that my life has changed and will never be the way it was before.
- I remind myself that I have many blessings in my life (despite my kid not being in my life anymore right now.)
- Instead of trying to have a relationship *through* my daughter, I have a relationship with each of my kids who wants it.
- I'm patient and loving with myself.
- After 17 years, I was finally vindicated... A family member called to tell me that they found out the true story 17 years after I was accused wrongfully.
- I'm working on "ME." Nothing else has worked. I'm doing self-care. I take long walks. I see a therapist.
- I've sent gifts for my daughter and for her baby.
- I'm remembering that my kids are in a lot of pain too. We're not the only ones suffering.
- I get cards and nice gifts for my kids. I get them Judaica gifts that they can't get in Houston.
- I learned to forgive myself.
- I'm setting boundaries with my kids.
- The glimmers of hope come and go. I hold onto the glimmers.
- I've reached the stage to be able to forgive my kids. I didn't think it would ever happen.

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- I made myself a necklace that has 3 sides: Ein Od Milvado, Gam Zeh Yaavor, my name, and Thank You Hashem.
- I keep sending stuff to my kids. I sent a gift before Rosh Hashana to my son and he actually called me.
- Rochel Imainu's yahrzeit is tomorrow. We can tap into the special day and daven.
- A woman would always buy 2 of the same cards, 2 of the same trinkets or gifts, etc. One of each she'd mail, and the other she'd place into a box which she plans to eventually give to the child. We want our kids to remember that we are in their lives.
- I offered to take my daughter's kids to the park after offering my neighbor to take *her* kids to the park. After several weeks, my daughter called me and told me that she's going to the park and asked if I wanted to join.
- I have a ring that says Ein Od Milvado.