



"How Do You Do It?"

That is the primary question I get asked, daily. It is generally followed by: How do you deal with the chaos of our irrational actions? How do you manage me when I fly off the handle? How do you not judge or have an opinion about all the various wrongs I have committed in my marriage? How do you find hope, in love, after seeing what you see? Here is the answer: Compassion.

Compassion is an underrated quality. When we have it, we stop judging. Sure, there are times we make an impulsive flippant judgment but when compassion kicks in, we can generally change our judgment to understanding. When my clients come to me and share all of their wrongs, rights, and various issues that have occurred during the relationship, they usually expect me to judge or have an opinion. They want me to take

their side to justify their emotional state. Hate their ex for what s/he did. Be angry, upset, and "get them." That's not my job.

My job is to understand their position and present a different perspective. After all, there are many ways to view a situation. When we get emotional, we become solidified in our beliefs and our narrow mindedness prevents us from entertaining different reasons or perspectives that invoke compassion. This is one of the faulty parts of human nature. This is why people hire me. I am the rational being in the land of insanity.

When we are in pain, we become children who don't know how to process the pain. Like children who lack understanding, we want to hurt the other person so they can feel the pain we are going through- the pain we believe they caused. My job is to combat that desire. Educate

people about themselves; force them to reflect on their choices, vindications and beliefs. After all, until we can see ourselves for who we are and understand fully why we object to certain behaviors, we can't understand our emotional reactions to other people.

In the end, I provide the calm amidst the storm. When I can reduce the pain of another through compassion and education, I have done my job. That is how (and why) I do it.

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