Of course you know why you are cut off.

According to you, your daughter stood in front of you at the baseball game and TOLD you why. I presume she used words you understand in a language you both speak. Thus you DO know.

I can understand you did not like the delivery method. But the delivery method does not affect the MEANING of the words, nor does it invalidate her feelings or opinions. You may feel justified in turning off your listening because you didn't like her delivery, but that's not helpful at all for you. It's like refusing to accept your paycheck because you want it printed on a pink check not a green one. The money is still the same. [....]

I can understand that you may not agree with whatever it was she told you is the problem--but again, that does not mean there is no problem. She told you in a language you understand what the problem is, and you understood her meaning. That you disagree with the problem is immaterial. It's still a problem whether you agree with it or not. It will be a problem forever until you deal with it. Saying, "I don't understand the problem" when you really mean, "I don't agree this is a problem" will not make the problem go away. It will make the person who DOES think it a problem go away--and you had a 8 year cut off demonstrating that principle.

If your daughter thinks it's a problem, IT IS A PROBLEM, whether you agree or not. SHE--not you--has the final say on whether she has a problem with you or not. Here again is a power struggle between you: HER: "This is a problem", YOU: "I see no problem". Guess who's going to win this debate? Not you. [....]

This game of 'I don't understand what happened' when you have been told in words what's wrong is really counterproductive. Yes, it permits you to shield your ego/self esteem from criticism and 'exposure' of your inadequacies in the relationship--but it loses you the relationship.

In order to solve the problem, you have to decide what is more important to you: your daughter and grandchildren, or your ego and belief that you are innocent of doing anything but little insignificant wrongs. It's very common, especially for people from abusive backgrounds who were not adequately nurtured as children, to stop protecting their egos--way to threatening. And many--especially if they have other emotional outlets (such as a supportive spouse and friends)--will choose ego over a relationship. It's easier and more comfortable--but ultimately very self defeating and impoverishing.