After some introduction, I am going to prove the following generalization of a result due to J. Brendle:

**Theorem.** If $J$ is an analytic or coanalytic ideal on $\omega$ and a forcing notion $\mathbb{P}$ adds new reals, then

$$V^\mathbb{P} \models \text{“} J^+ \cap V \text{ has an } J\text{-almost disjoint refinement”}.$$ 

In other words, there is a family \( \{A_X : X \in J^+ \cap V\} \subseteq J^+ \) in $V^\mathbb{P}$ such that (i) $A_X \subseteq X$ for every $X$ and (ii) $A_X \cap A_Y \in J$ if $X \neq Y$. 