

Your Grown Child

Think about what your relationship with your adult child is now, and what you want next.

WHEN TO USE THIS

Use this when things with your grown son or daughter feel distant, tense, or stuck.

How often are you in touch, and who reaches out first?

What do you find yourself wanting to say to them?

What do you think they would say they need from you?

Even if you disagree with it.

What is one thing you could offer that is not advice?

A meal, a ride, a message with no question in it.

Being wanted in your adult child's life often starts with asking for less than you want.