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**abcd38. Adult Children**

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**A parent, and their interaction with ADULT CHILDREN; De-Stressing one's own life.**

Question number one that a parent can ask themselves about their adult children would be the following. Is your relationship with your adult children disabling you in any fashion? If its affecting you, in some negative way as to how you interact with other people, a spouse, girlfriend or boyfriend, friends, coworkers, etc. then it is disabling you. Getting that disability, even a minor one, figured out should be an immediate priority focus in your life. Most of the time with people though, they don't really know they are being disabled.

Here are some rules I might think would be pertinent.

Rule #1: Parents do the best they can raising their children. Some parents do a better job at 'best they can', then others. This all makes for the diversity in our community. Concluding you have done the best you could is a first small step.

Rule # 2: You can only change yourself. You cannot change other people, and that includes your adult children. Missing this rule leads to a high stressed life. This does not mean that a parent should never try to help out adult children, especially if they are living with them. On the contrary, helping them just has to be done in a non-stressful way for both parties. Sometimes that's difficult to achieve, not impossible just difficult.

Rule #3: Parents have no moral responsibility obligations to their children once their children are educated, ie. out of the undergraduate college system. For a parent to believe they still have some moral, or ethical, obligation to adult children is a mistake that leads to a high stressed worrisome life. That continuing feeling of responsibility comes from the emotional brain not the thinking brain.

Rule #4: Assess yourself for stress reactions. Do you yourself have issues with controlling your adult children? If you do, and your children push back, then people around you will notice this push back. This push back may create a tension filled atmosphere and negative ambience about your home. To de-stress this ambience you may need help from a professional counsellor who can point out to you, in a constructive way, methods of modifying your own behaviour so that the response you get from your children is a less stressful one for you. We see in this that the healing

starts with you healing yourself and then, also resetting your own attitude about your adult children. Cognitive Emotional Behaviour Therapy (CEBT) may offer some help in addition to many other types of therapies.

To that end, focus inward on yourself, not outward toward your children.

Rule #5: Seek to make small positive changes in yourself giving yourself adequate time to lock in the change to permanent memory. Think about it like learning a new dance. You have to learn the small basic steps first, before you can progress to the more difficult advanced steps.

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Making these small changes in yourself can be achieved using professional level counsellors, or by finding someone to discuss issues with who is nonjudgmental and can supply some positive solutions for you, or at least some distressing by simply being there to talk out problems with.