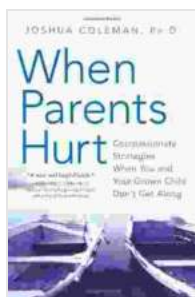


Compassionate Strategies When You and Your Grown Child Don't Get Along

It can be heartbreaking when you and your grown child don't get along. You may feel like you're losing a part of yourself, and you may worry about the future of your relationship. But it's important to remember that you're not alone. Many families go through periods of estrangement, and it's possible to rebuild your relationship with your child.

The first step is to understand why you're not getting along. There may be a number of factors contributing to the conflict, such as:



When Parents Hurt: Compassionate Strategies When You and Your Grown Child Don't Get Along

by Joshua Coleman PhD

★★★★☆ 4.4 out of 5

Language : English
File size : 353 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 322 pages



- **Different values and beliefs.** As your child grows up, they may develop their own values and beliefs that are different from yours. This

can lead to conflict, especially if you're trying to impose your own beliefs on them.

- **Communication problems.** Communication is essential for any relationship, but it can be especially difficult when you're dealing with a grown child. They may not be willing to talk to you about their problems, or they may not be able to express themselves in a way that you understand.
- **Unresolved issues from the past.** If there are unresolved issues from the past, they can continue to haunt your relationship. This can be especially true if you've never had a chance to talk about these issues openly and honestly.
- **Outside influences.** Friends, partners, and other family members can have a negative influence on your relationship with your child. They may encourage your child to be rebellious or to disrespect you.

Once you understand the reasons why you're not getting along, you can start to develop strategies for rebuilding your relationship. Here are a few tips:

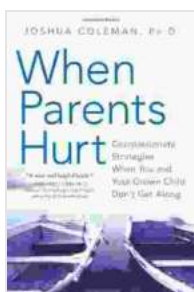
- **Be patient.** It takes time to rebuild a relationship, so don't get discouraged if you don't see results immediately. Just keep working at it, and eventually you'll start to see progress.
- **Be respectful.** Even if you don't agree with your child's choices, it's important to respect their decisions. This doesn't mean that you have to approve of everything they do, but it does mean that you need to listen to them without judgment.

- **Be supportive.** Your child needs to know that you're there for them, no matter what. This doesn't mean that you have to agree with everything they do, but it does mean that you need to be there to listen and offer support when they need it.
- **Be open to communication.** Communication is essential for any relationship, and it's especially important when you're trying to rebuild a relationship with your grown child. Make sure that you're both willing to talk about your feelings and to listen to each other's perspectives.
- **Be willing to forgive.** If there are unresolved issues from the past, you need to be willing to forgive your child. This doesn't mean that you have to forget what happened, but it does mean that you need to let go of the anger and resentment that you're holding onto.

Rebuilding a relationship with your grown child takes time and effort, but it's possible. By following these tips, you can start to rebuild your relationship and create a stronger bond with your child.

Additional Resources

- [What to Do When Your Adult Child Cuts You Off](#)
- [How to Fix a Relationship with an Estranged Adult Child](#)
- [Adult Children: Estrangement](#)



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