

To The Parent(s) Of An Adult Child

Dear Parent(s):

There is no magic formula in letting go. It all depends on you making the first step in your child's recovery. You are the first person that needs to change if you want them to change. Whatever you are doing is not working so why stay in a state of crisis? Do not be part of the problem, be part of the solution.

Our first suggestion would be to find a B.I.L.Y. group in your area. If there is not one, then you should call Al-Anon (1-888-425-2666) or Nar-Alon (1-800-477-6291) for the location of a meeting near you.

Remember, pain is inevitable but suffering is optional. You must let go and allow this child to sink or swim and understand that it will be their choice, not yours. You have paid your dues and your responsibility is legally over when they become an adult. That does not mean you do not love them, it means you must give them the chance to survive on their own. What if you were not around? What would they do? Chances are they would find some way to get through life without you. Why not give them the chance to do it while you are still here?

The support sought and received from other parents who were having the same or similar problems is what kept our heads above water. We learned that we are number one and if our adult children choose a negative life style, we do not have to be a part of it.

Good Luck . . .