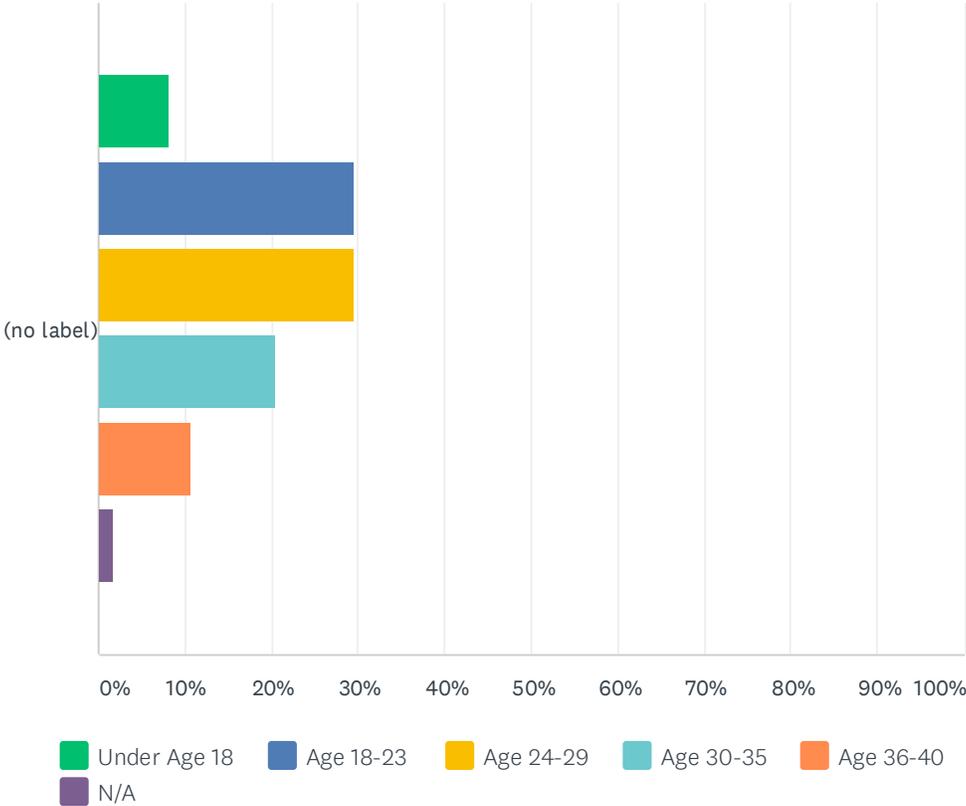


Q1 What is the age of your young adult?

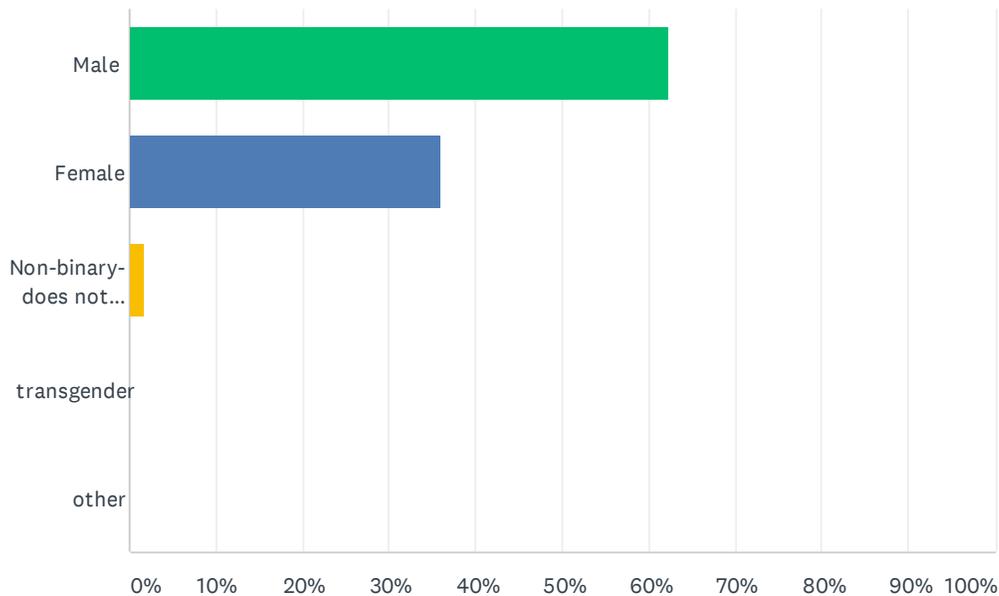
Answered: 122 Skipped: 0



	UNDER AGE 18	AGE 18-23	AGE 24-29	AGE 30-35	AGE 36-40	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	8.20%	29.51%	29.51%	20.49%	10.66%	1.64%	122	3.27
	10	36	36	25	13	2		

Q2 What is the gender of your young adult?

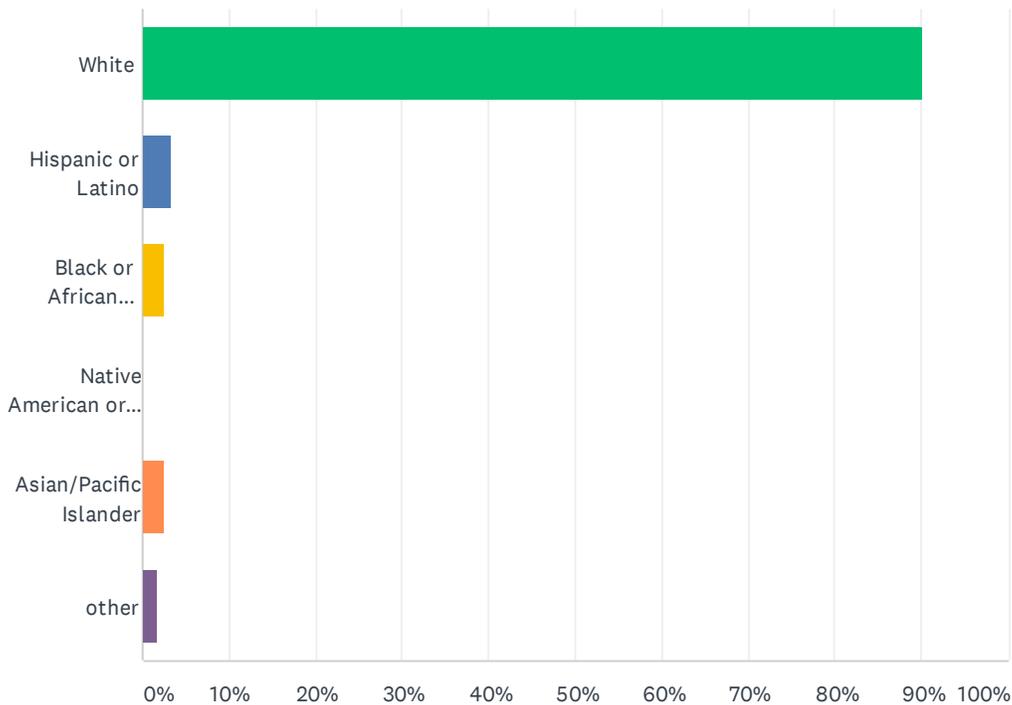
Answered: 122 Skipped: 0



ANSWER CHOICES	RESPONSES	
Male	62.30%	76
Female	36.07%	44
Non-binary- does not identify solely as a male or female	1.64%	2
transgender	0.00%	0
other	0.00%	0
TOTAL		122

Q3 Whats the race of your child?

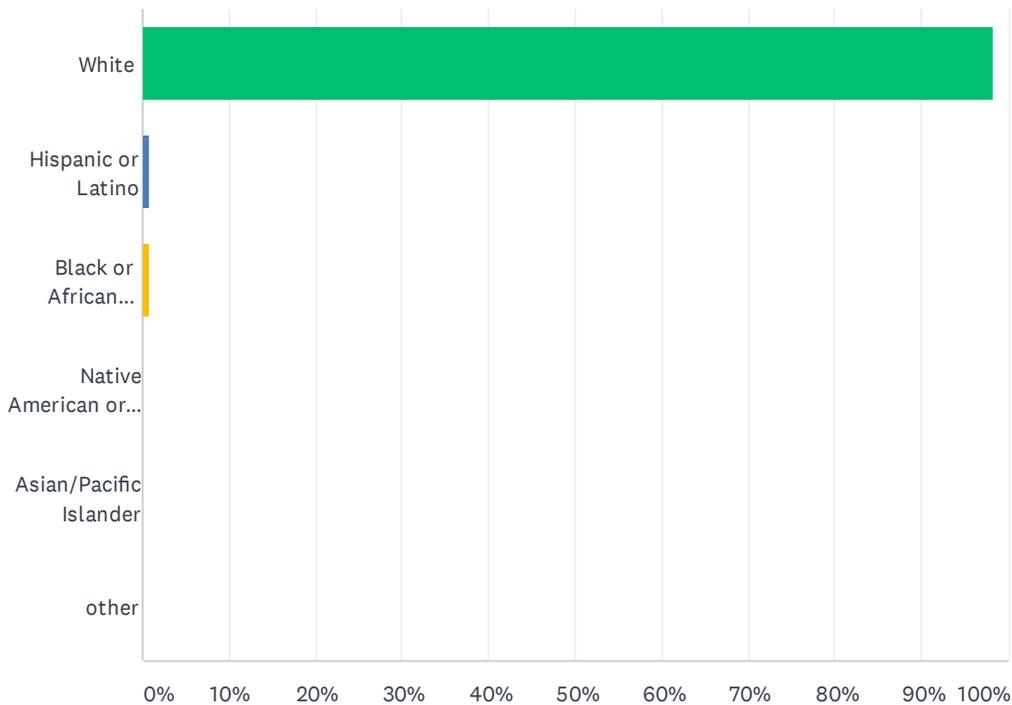
Answered: 122 Skipped: 0



ANSWER CHOICES	RESPONSES	
White	90.16%	110
Hispanic or Latino	3.28%	4
Black or African American	2.46%	3
Native American or American Indian	0.00%	0
Asian/Pacific Islander	2.46%	3
other	1.64%	2
TOTAL		122

Q4 What is your the race?

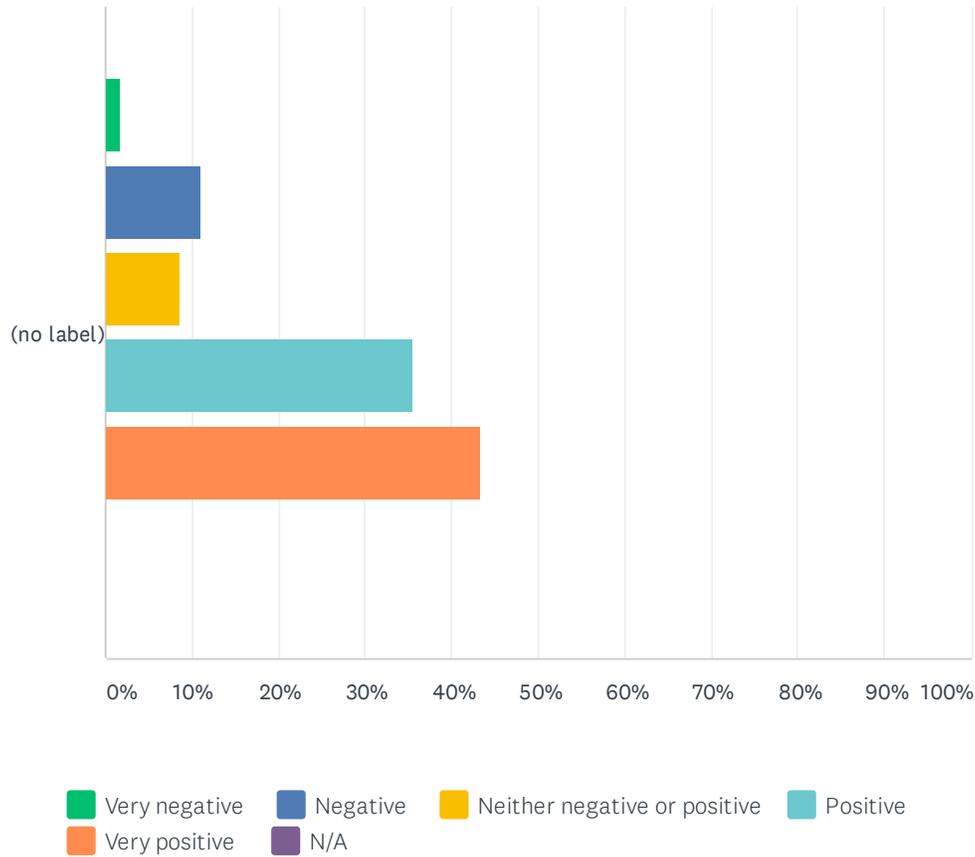
Answered: 122 Skipped: 0



ANSWER CHOICES	RESPONSES	
White	98.36%	120
Hispanic or Latino	0.82%	1
Black or African American	0.82%	1
Native American or American Indian	0.00%	0
Asian/Pacific Islander	0.00%	0
other	0.00%	0
TOTAL		122

Q5 How would you describe your relationship with your young adult?

Answered: 118 Skipped: 4

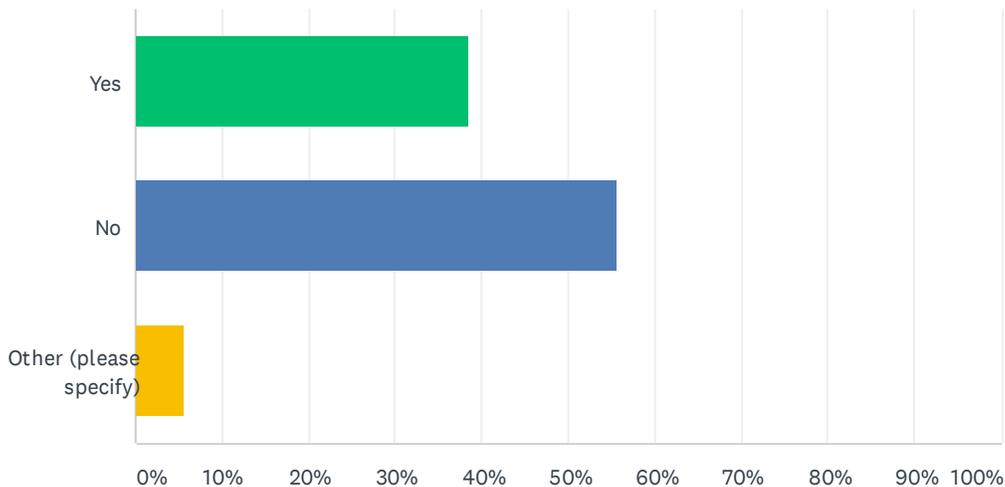


	VERY NEGATIVE	NEGATIVE	NEITHER NEGATIVE OR POSITIVE	POSITIVE	VERY POSITIVE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	1.69% 2	11.02% 13	8.47% 10	35.59% 42	43.22% 51	0.00% 0	118	4.08

#	OTHER (PLEASE SPECIFY)	DATE
1	She has bipolar disorder so can be very difficult at times	4/16/2021 4:05 PM
2	He is a really amazing kid. And, he is respectful and kind.	4/2/2021 11:45 PM
3	complicated	4/2/2021 1:36 PM
4	Only communicates in a crisis. Vile texts	4/1/2021 5:22 PM
5	It depends upon his mood, how much sleep he has, if we talk about getting a job, etc ... sometimes negative or positive.	3/31/2021 7:56 PM
6	He likes to visit for holidays , works out his dad's shoulder as he is a physical trainer.	3/30/2021 9:17 PM
7	3/4 negative 1/4 positive	3/30/2021 11:43 AM
8	Rollercoaster ride	3/30/2021 10:27 AM
9	Communicates with others very well, but not with me.	3/30/2021 10:15 AM
10	Poor relationship with his wife	3/30/2021 8:57 AM

Q6 Is your young adult living at home?

Answered: 122 Skipped: 0

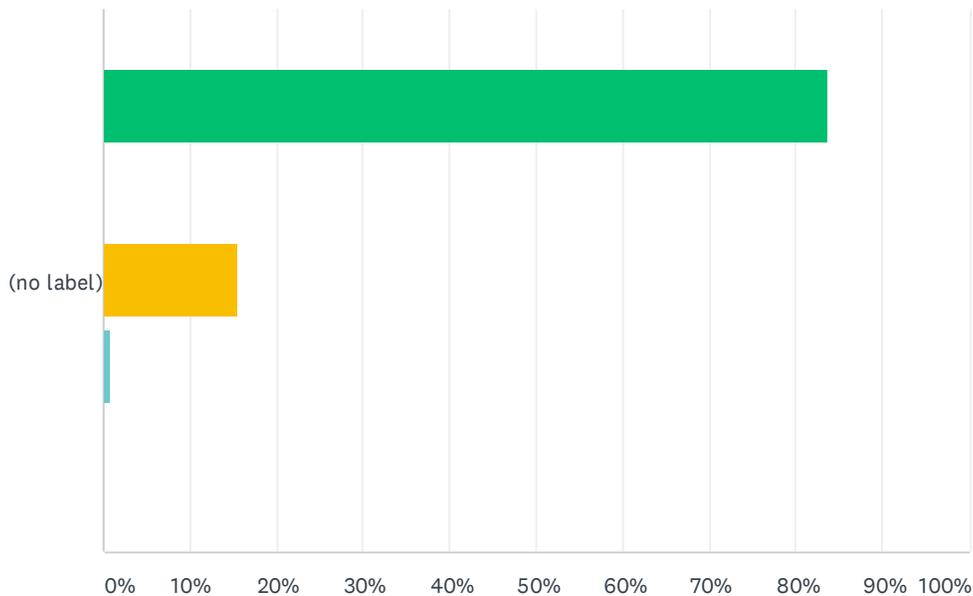


ANSWER CHOICES	RESPONSES	
Yes	38.52%	47
No	55.74%	68
Other (please specify)	5.74%	7
TOTAL		122

#	OTHER (PLEASE SPECIFY)	DATE
1	He's living in a modest condo we purchased. He pays rent to cover our costs, though it's a below-market rate.	4/17/2021 1:07 PM
2	Moved into house only allowed to stay while I'm out of town. His rental unit became too difficult to live in be sure of neighbor noise. He and girlfriend will move out when I come back. They are pre-approved for a mortgage to buy house.	4/16/2021 11:50 AM
3	He is a junior in college. Lives at college. Home in the summer with us.	4/2/2021 11:45 PM
4	College	3/30/2021 5:33 PM
5	College	3/30/2021 1:22 PM
6	Home when not in college	3/30/2021 7:21 AM
7	Living with his aunt	3/30/2021 7:01 AM

Q7 What is your status as a parent?

Answered: 122 Skipped: 0



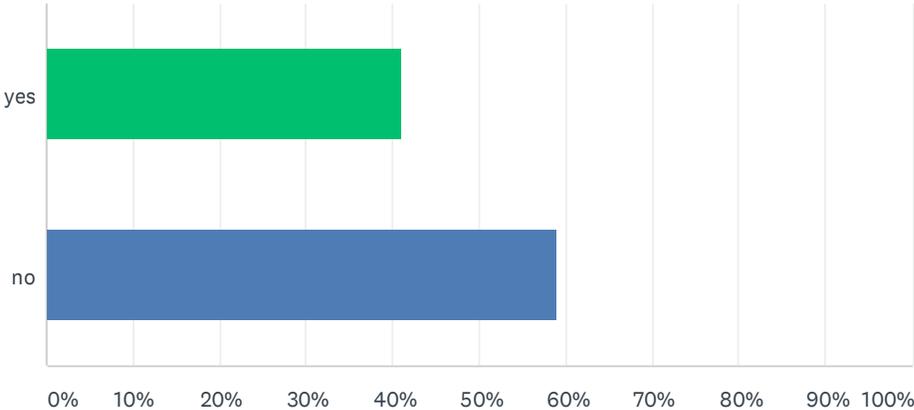
■ A biological or adoptive parent
 ■ A step parent in a blended family
■ A single parent
 ■ other
 ■ N/A

	A BIOLOGICAL OR ADOPTIVE PARENT	A STEP PARENT IN A BLENDED FAMILY	A SINGLE PARENT	OTHER	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	83.61% 102	0.00% 0	15.57% 19	0.82% 1	0.00% 0	122	1.34

#	OTHER (PLEASE SPECIFY)	DATE
1	biological	3/30/2021 9:18 AM

Q8 Does your young adult have a mental health diagnosis that may be interfering with their progress toward responsible independence?

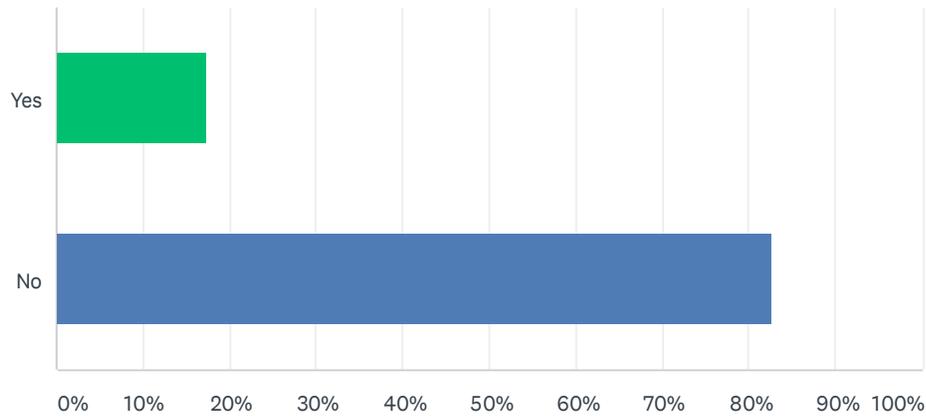
Answered: 122 Skipped: 0



ANSWER CHOICES	RESPONSES	
yes	40.98%	50
no	59.02%	72
TOTAL		122

Q9 Does your young adult have a substance abuse problem that may be interfering with their progress toward responsible independence?

Answered: 109 Skipped: 13

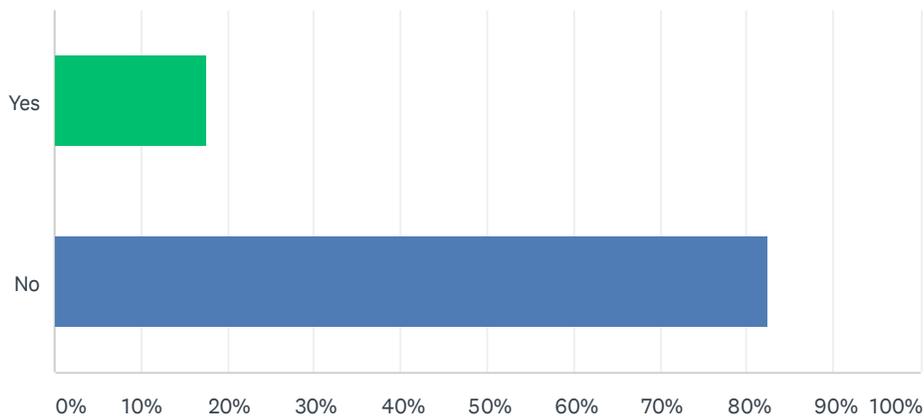


ANSWER CHOICES	RESPONSES
Yes	17.43% 19
No	82.57% 90
Total Respondents: 109	

#	OTHER (PLEASE SPECIFY)	DATE
1	Possible substance issues	4/24/2021 10:19 AM
2	Unknown	4/22/2021 2:43 PM
3	Suspect substance abuse, not sure.	4/22/2021 12:07 PM
4	I think of it as substance abuse, but I'm not sure that he does.	4/17/2021 1:07 PM
5	not sure has used steroids and marijuana	4/16/2021 10:40 PM
6	Pot?	4/16/2021 10:11 AM
7	Possibly - alcohol	4/2/2021 10:46 PM
8	Vaping high concentration weed	4/1/2021 5:22 PM
9	Medical marijuana	4/1/2021 2:51 PM
10	He runs right now to numb or escape. Might be alcohol or other.has said he can't live with out	3/30/2021 9:17 PM
11	they have an anxiety disorder but are very independent from us	3/30/2021 10:31 AM
12	Marijuana	3/30/2021 10:15 AM
13	Possibly	3/30/2021 9:56 AM
14	Not positive, but I don't think so	3/30/2021 9:48 AM
15	Not sure	3/30/2021 8:45 AM
16	He used to have a problem with alcohol, but stopped drinking entirely four years ago.	3/30/2021 8:18 AM
17	sober for 11 1/2 years - alcoholism	3/30/2021 7:15 AM
18	Recovering drug and alcohol addiction	3/29/2021 6:07 PM

Q10 Does your young adult have special needs such as physical, mental or learning disability that may be interfering with their progress toward responsible independence?

Answered: 120 Skipped: 2



ANSWER CHOICES	RESPONSES
Yes	17.50% 21
No	82.50% 99
TOTAL	120

#	OTHER (PLEASE SPECIFY)	DATE
1	unsure	4/16/2021 10:40 PM
2	Autism, ADHD	4/16/2021 5:04 PM
3	OCD, depression, anxiety, personality disorder, adhd	4/16/2021 10:34 AM
4	ADHD aspergers	4/1/2021 5:22 PM
5	depressive disorder and social anxiety	3/31/2021 6:15 PM
6	He has great fear of relationships .being divorced no children..	3/30/2021 9:17 PM
7	Possibly but not diagnosed	3/30/2021 7:01 AM

Q11 What are the one or two biggest challenges you are facing or have faced with your young adult?

Answered: 119 Skipped: 3

#	RESPONSES	DATE
1	His not taking any responsibility for his life. He expects others to do for him and blames us, me in particular for his problems.	4/27/2021 8:51 AM
2	He always seeks control, is always the victim, doesn't see how his choices have impacted his situation. Probably dealing with trauma & abandonment issues from his early life.	4/24/2021 10:19 AM
3	being a source of support for work opportunities, but not overwhelming	4/23/2021 9:20 PM
4	her anxiety that stems from overstimulus that was not my experience as a child. her hesitance to call or zoom friends during the pandemic and only texting. it has led to so much more loneliness.	4/23/2021 11:34 AM
5	1. Not connect with family 2. Refuses to do anything to help himself like go to school	4/22/2021 8:48 PM
6	Worry about him not wanting to date at this time.	4/22/2021 8:28 PM
7	He procrastinates about everything and lack of social interaction with me and friends.	4/22/2021 3:04 PM
8	My heart letting go and letting him make his own decisions when they have dangerous consequences. Actually we have five adult children, I am answering for the youngest.	4/22/2021 12:45 PM
9	Money management and unplanned second pregnancy	4/22/2021 12:43 PM
10	Setting and adhering to house rules. Inability to calmly negotiate terms. Lack of planning for future and taking steps forward.	4/22/2021 12:07 PM
11	SHE LISTENS TO TOO MANY OTHER PEOPLE - LISTENS TO NEGATIVE PEOPLW	4/22/2021 12:00 PM
12	The biggest challenge I have is letting go and letting her experience the consequences of her choices. As you told me in a counseling session, it's a challenge between stepping in when she needs me and backing away. Or stepping in and doing something halfway and letting her finish the task. It's actually kind of fun to know that I don't have to do it all and then I can start something and have her finish it. Or I ask myself is this something she could do? There are some things I know she's not ready to do such as I just booked her appointment for her vaccine. She would not have been able to do that it would've been too confusing and frustrating for her. She also asked me to come out and clean out her refrigerator but while I did that she highlighted she could do it she just didn't want to because it was gross. But she did help take the trash out and unpack most of our groceries. Later she called to apologize to me for not treating me well and this is a huge victory	4/22/2021 11:19 AM
13	n/a	4/22/2021 9:55 AM
14	Being a single parent and not having a second person for my son to rely on	4/17/2021 1:32 PM
15	Communication is the biggest challenge. He cuts me off, is surly, doesn't reply, etc. There are times when he's the wonderful, outgoing, loving person I imagine him to be, but it's rare.	4/17/2021 1:07 PM
16	Low ambition	4/17/2021 9:28 AM
17	Helping her survive the pandemic financially	4/17/2021 8:51 AM
18	My child is capable of living alone but cannot work. Getting this child financially independent (so that I can retire from my job) is still a challenge. Also this child has a low tolerance for stress. Will freeze and go non-verbal at the least provocation.	4/17/2021 12:14 AM
19	estrangement	4/16/2021 10:40 PM
20	Trust that it is normal to feel this way	4/16/2021 10:34 PM

Parents of Young Adults

21	I miss having her around	4/16/2021 6:55 PM
22	Teaching about responsibility; follow through with chores, struggling with schoolwork	4/16/2021 5:04 PM
23	Financial responsibility	4/16/2021 4:49 PM
24	Anger, and misperceiving what is really going on	4/16/2021 4:05 PM
25	Motivation Indecisiveness	4/16/2021 2:56 PM
26	Him not wanting to talk or interact.	4/16/2021 2:46 PM
27	Pandemic restrictions for his employment Managing his anxiety	4/16/2021 1:51 PM
28	Oppositional behavior as a teen	4/16/2021 12:08 PM
29	Encouraging without being forceful.	4/16/2021 12:07 PM
30	I have trouble leaving them alone and not giving too much advice. I also have trouble remembering that they are not me, and I am not my parents.	4/16/2021 11:56 AM
31	His lack of interest in playing the "game" of society. Living life in emotional responses rather than seeing himself in charge of his life. Him not working on healing from trauma. Escapism.	4/16/2021 11:50 AM
32	Her ADHD Her learning disabilities	4/16/2021 11:37 AM
33	The biggest challenge we have faced was with my child's stage 3B melanoma diagnosis in April 2019. Prognosis is very good, but it taught us to value what is really important in life.	4/16/2021 11:15 AM
34	He thinks he knows everything and makes needless mistakes.	4/16/2021 10:57 AM
35	differing values/ideology issues with girlfriend	4/16/2021 10:55 AM
36	1)Getting the time I want with my son and my grandchildren without being intrusive. 2) Minding my business and not interfering in how my son and his wife manage their family.	4/16/2021 10:46 AM
37	Parenthood	4/16/2021 10:40 AM
38	Concern with choice of romantic partner and how they treat her Movement toward financial independence	4/16/2021 10:40 AM
39	Getting her into healthy habits and routines: sleeping, eating, chores Encouraging her to take small, sequential steps to independence: self-care, school, work, drivers license. -difficulty in communicating in healthy ways and setting boundaries	4/16/2021 10:34 AM
40	A designated space in our house for studying - away from me working from home - so she can concentrate.	4/16/2021 10:28 AM
41	Anxiety during middle and high school.	4/16/2021 10:23 AM
42	Getting her to go to school. She has high anxiety, has been ridiculed in the past, and only goes to school half the time. She's 17.	4/16/2021 10:19 AM
43	Helping her while allowing her to be independent at the same time	4/16/2021 10:13 AM
44	Taking responsibility and following through. Not doing what's asked of her around the house	4/16/2021 10:11 AM
45	One had cancer in college but is considered cancer free now.	4/16/2021 10:03 AM
46	Understanding how her physical and mental health conditions are affecting her lack of progress toward becoming independent and when I should push.	4/12/2021 12:19 PM
47	Communication, openness, transparency.	4/6/2021 11:36 AM
48	his lack of motivation, anger issues, and not taking responsibility for himself	4/6/2021 9:23 AM
49	Management of anxiety and depression. Getting him to go for counseling and take medication took some time	4/3/2021 12:18 PM
50	His ability to focus and stay on track in college. He is a junior and does not know if he is or is not accepted into his preferred program.	4/2/2021 11:45 PM
51	Controlling ex even today my son is afraid of her and he is 6' tall, a bodybuilder and is almost 25. Anytime I see him she finds a way to pull him away from me. He lives at her house out of	4/2/2021 10:46 PM

Parents of Young Adults

	fear	
52	1. Dealing with his frustration due to his perception that he is "so far behind" his peers. Compares himself to his peers. He is living in a separate apt in the house while he is in graduate school. Recently broke up with GF. 2. Navigating the relationship as adult child and 'tenant.'	4/2/2021 1:36 PM
53	addiction disconnection - isolation	4/1/2021 11:21 PM
54	Him not accepting medication for schizoaffective or bipolar disorder	4/1/2021 5:22 PM
55	Lives at home but hates that he doesn't have his own space. Refuses to get a job that doesn't reflect his own hobbies/interests.	4/1/2021 2:51 PM
56	connecting without him feeling like I judge him	4/1/2021 10:11 AM
57	1. Observe how she ends up in do functional relationships with a man time after time. She goes back to them time after time and takes months for her to end the relationship. 2. Realize that she has an alcohol problem just like her dad. Her dad lost everything he had and eventually his life due to alcoholism.	4/1/2021 7:50 AM
58	Helping them to learn skills for responsible financial management. It is so much more complex now compared to when we were launching. It is very easy for them to acquire large amounts of debt. Societal pressures to spend are intense and loans/debt are easy to acquire.	3/31/2021 11:19 PM
59	College completion, balancing parenting with his independence.	3/31/2021 8:58 PM
60	Employment, Anger	3/31/2021 7:56 PM
61	Confidence	3/31/2021 6:55 PM
62	knowing how much guidance to offer trying to successfully communicate and connect about work-related stressors and possible solutions	3/31/2021 6:45 PM
63	Motivation to finish AA degree. Legal issue at a younger age	3/31/2021 6:15 PM
64	mental health (body image, social anxiety, depression and emotional reactivity) and helping her cope with her unsatisfying relationship with her father	3/31/2021 6:15 PM
65	discussing plans and creating plans to re-start college after leave of absence due to pandemic. loss of motivation.	3/31/2021 4:42 PM
66	Taking self intitative Executive skills	3/31/2021 1:46 PM
67	Would like to have a deeper relationship. He and his wife are busy with careers and we are retired.	3/31/2021 1:42 PM
68	Lives a distance away so limited contact.	3/31/2021 12:45 PM
69	Having open honest communication. Offering advice which often isn't listened to.	3/31/2021 9:16 AM
70	Respect and his need for mentor go help speak into his life well. Encourage him to deal with girl friend living in a house with the owner and his girl friend. His girl friends parents not married..Her mom was divorced. Praying a the time for spiritual connection not man made words or attitude. This world needs Jesus love period..	3/30/2021 9:17 PM
71	Social isolation due to Covid	3/30/2021 8:20 PM
72	letting go, more my challenge in being able to move on with my life.	3/30/2021 7:42 PM
73	Taking responsibility and initiative. Getting into arguments with parents when they try to help	3/30/2021 5:33 PM
74	I am concerned about her self-harming. She cuts to feel better and cope with her anxiety. She is high achieving and very negative about herself.	3/30/2021 5:02 PM
75	Maintaining our connection	3/30/2021 4:32 PM
76	Fibromyalgia and depression	3/30/2021 3:27 PM
77	To have him not be dependent on us and to understand us helping him is not his right. Dealing with his sometimes destructive behavior.	3/30/2021 3:23 PM
78	lack of adult skills. i.e. not taking responsibility for her actions. Poor Communication skills with	3/30/2021 3:10 PM

Parents of Young Adults

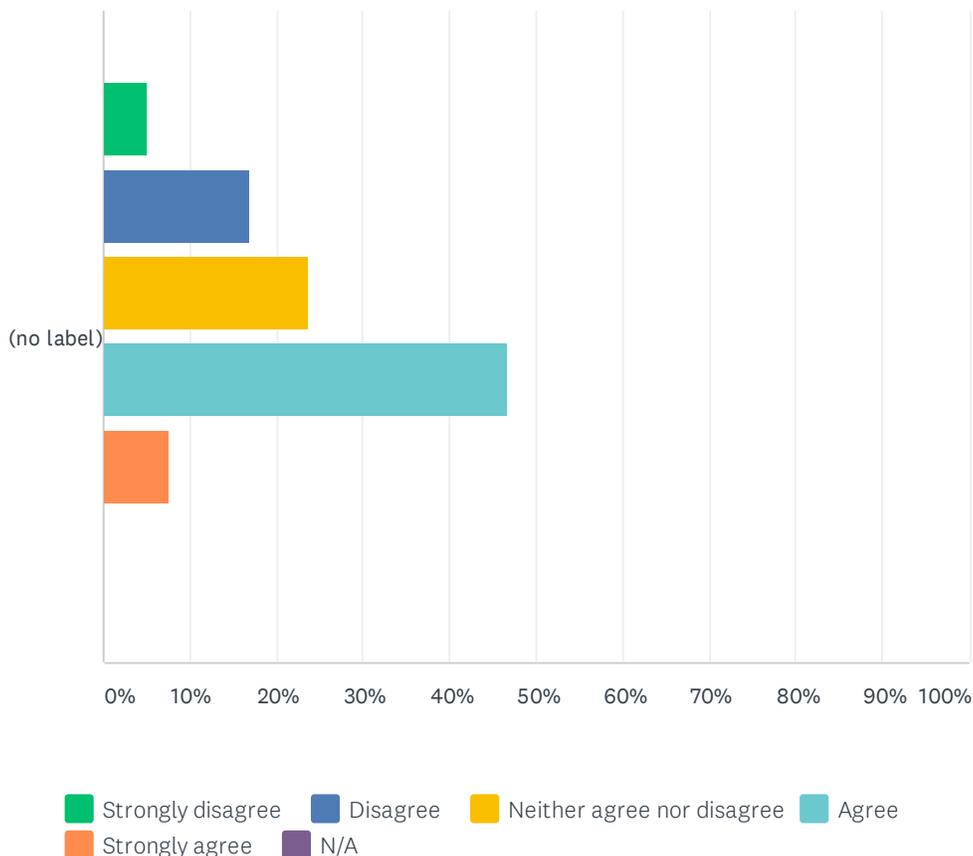
	other adults	
79	Residual ADHD symptoms	3/30/2021 2:50 PM
80	Identity as moral code presents a generation gap	3/30/2021 1:22 PM
81	Giving him space; not trying to control his decisions/actions	3/30/2021 12:47 PM
82	Anger and resentment on not getting perceived necessary attention in growing up	3/30/2021 12:31 PM
83	The breakup of her first marriage.	3/30/2021 12:30 PM
84	Substance abuse issues Erratic and violent mood swings combined with severe lack of motivation/depression.	3/30/2021 11:51 AM
85	taking positive action to change his life his drinking	3/30/2021 11:43 AM
86	Not ignoring disrespect	3/30/2021 11:21 AM
87	He is slow to take initiative about taking a course of action in his life! Very difficult to have a frank discussion with him.	3/30/2021 11:16 AM
88	Supporting without controlling	3/30/2021 10:59 AM
89	anxiety and depression, exacerbated by COVID	3/30/2021 10:54 AM
90	She's had a struggle with anxiety almost all of her life.	3/30/2021 10:42 AM
91	Electronic or video games.	3/30/2021 10:36 AM
92	As an adult it has been mostly easy. She is in a stable relationship and has been very successful in her schooling and her work. Occasionally she calls on me for emotional support when she is struggling.	3/30/2021 10:31 AM
93	1. Emotional dysregulation 2. Lacks financial discipline needed for independent living	3/30/2021 10:27 AM
94	Communication Drug abuse	3/30/2021 10:15 AM
95	Motivation Making strong friendships	3/30/2021 10:00 AM
96	Taking on adult responsibilities Taking steps toward the future and independence	3/30/2021 9:56 AM
97	She was ready and able to be independent before we were willing to "let go". (Left HS for college a year early, completed her 4 year degree in 3 years including two semesters of study abroad.)	3/30/2021 9:51 AM
98	An inability to move forward with a job, career and eventual financial independence.	3/30/2021 9:48 AM
99	Helping her manage her mental health (with meds and therapy) and schooling during COVID online education. (Grades are worse)	3/30/2021 9:34 AM
100	Initially learning to let go and allow her to separate and individuate	3/30/2021 9:18 AM
101	Trust and responsibility	3/30/2021 9:09 AM
102	1. Marijuana use. 2. Continuing education 3. Moving out.	3/30/2021 8:59 AM
103	His wife	3/30/2021 8:57 AM
104	Covid has made ADD, anxiety, and depression worse	3/30/2021 8:45 AM
105	He is inconsistent with self care and accepting professional help for his mental illness/moods. He's isolating here at home rather than finishing school, working or being with peers.	3/30/2021 8:40 AM
106	Getting him started working or going to school or both. Taking a step forward. It's like he is frozen.	3/30/2021 8:26 AM
107	mental health taking responsibility	3/30/2021 8:21 AM
108	outbursts of anger and self medication, inability to hold a job and sleeps all day	3/30/2021 8:20 AM
109	Dealing with his drinking.	3/30/2021 8:18 AM
110	None	3/30/2021 8:14 AM

Parents of Young Adults

111	She pushed herself too hard.	3/30/2021 7:46 AM
112	Career	3/30/2021 7:44 AM
113	Allowing her to make decisions I don't agree with. Going through the normal "letting go" process.	3/30/2021 7:21 AM
114	divorce with special-needs grandchild	3/30/2021 7:15 AM
115	Staying separate, individuated	3/30/2021 7:13 AM
116	Accepting the resources that are available to help him	3/30/2021 7:01 AM
117	He left college and was hospitalized with bipolar dx. He lived at home for a under a year, returned to college (away) and was late rehospitalized. Returned to an apartment we agreed on. Four years of working in a family owned business and he has recently left it to find a job about which he is strongly invested in. He had had individual therapy ongoing. What it takes is time and money and learning how to support.	3/30/2021 7:00 AM
118	Knowing how to repair alienation caused by other parent	3/30/2021 6:55 AM
119	Addiction and honesty	3/29/2021 6:07 PM

Q12 I feel responsible for my young adult's success in life.

Answered: 118 Skipped: 4



	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	5.08%	16.95%	23.73%	46.61%	7.63%	0.00%	118	3.35
	6	20	28	55	9	0		

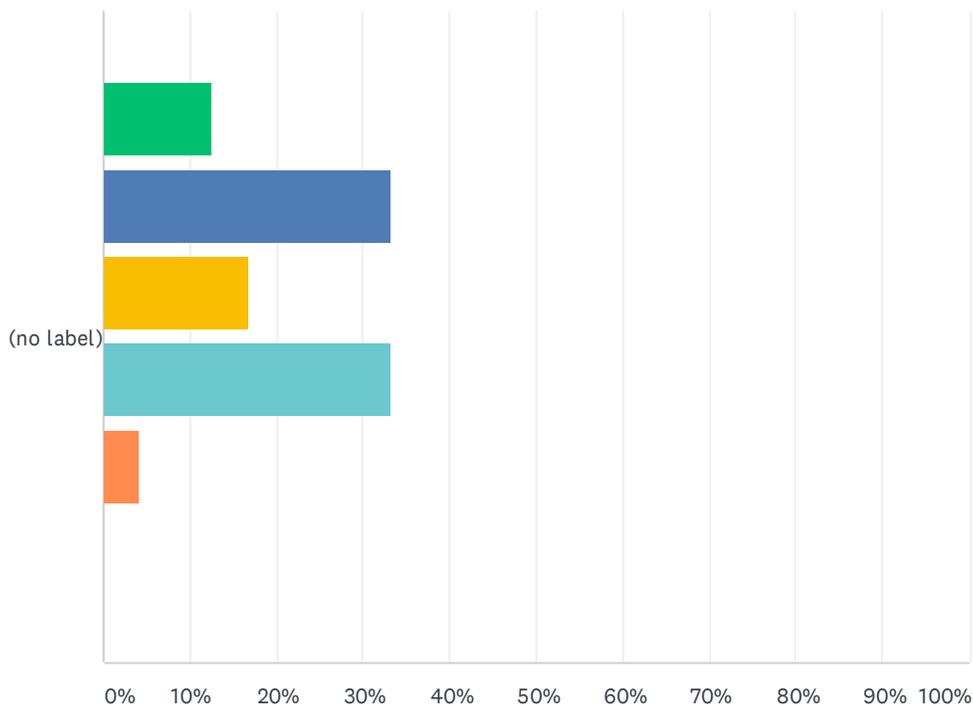
#	OTHER (PLEASE SPECIFY)	DATE
1	I feel responsible for being a supportive parent, but he makes his own choices	4/23/2021 9:20 PM
2	In leading a group for parents of troubled kids I have really learned that it is their life and I am not responsible.	4/22/2021 12:45 PM
3	Logically I know that I shouldn't but I still do feel responsible because I raised her and I feel that some point in her development I failed. I'm still working on this one.	4/22/2021 11:19 AM
4	I feel some sense of responsibility as a divorced parent	4/16/2021 11:15 AM
5	I feel responsible for setting her up for success	4/16/2021 10:34 AM
6	He is grown and (almost) flown. I just want him to be happy in his career of choice.	4/2/2021 11:45 PM
7	It's hard not to accept part of his upbringing	4/1/2021 5:22 PM
8	I don't necessarily feel responsible for their success but I most definitely have a very strong connection to and interest in them feeling successful -- whatever that means for them	3/31/2021 6:45 PM
9	provided a foundation--he took it from there. Shared responsibility	3/30/2021 2:50 PM
10	I might feel differently if she weren't doing well. I'd probably blame myself.	3/30/2021 10:31 AM

Parents of Young Adults

11	Both agree and disagree!	3/30/2021 7:00 AM
12	Between disagree and neither	3/29/2021 6:07 PM

Q13 I feel guilt or remorse about how I raised my young adult?

Answered: 120 Skipped: 2



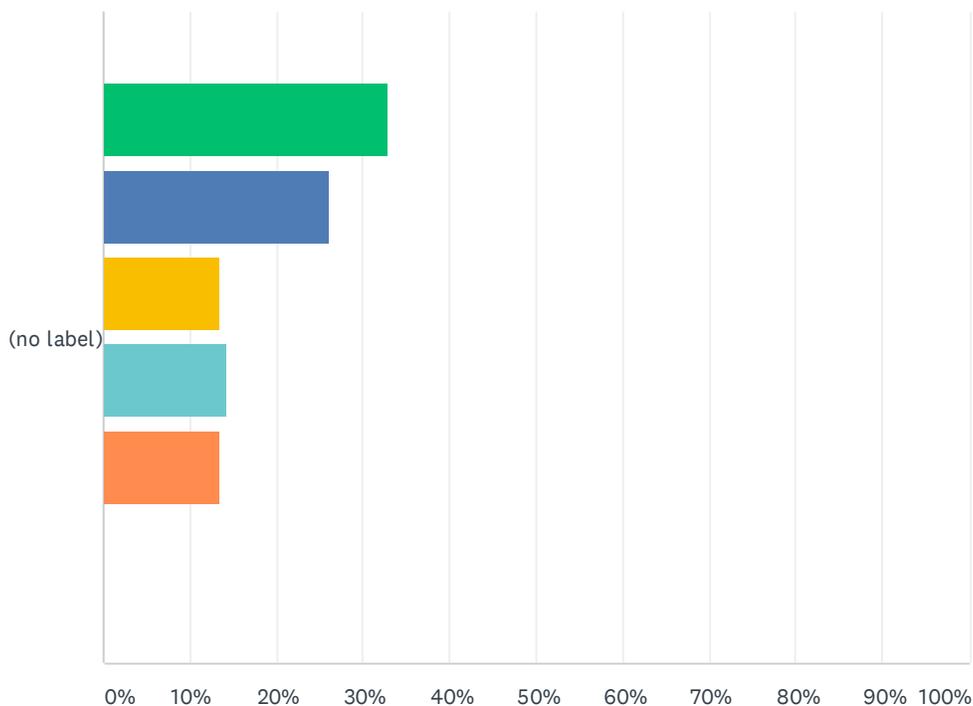
■ Strongly disagree
 ■ Disagree
 ■ Neither agree nor disagree
 ■ Agree
■ Strongly agree
 ■ N/A

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	12.50%	33.33%	16.67%	33.33%	4.17%	0.00%	120	2.83
	15	40	20	40	5	0		

#	OTHER (PLEASE SPECIFY)	DATE
1	My only guilt is related to lack of knowledge about her experience with her stepmother	4/16/2021 11:15 AM
2	I feel frustrated about the journey and that so many things were missed, misdiagnosed	4/16/2021 10:34 AM
3	Her dad and I divorced 6 years ago.	4/16/2021 10:19 AM
4	I have no remorse. I do think hindsight is 20/20 and I may have done a couple of things differently looking back...	4/1/2021 11:21 PM
5	Would have done a few things differently, but overall ok with how I raised him.	3/31/2021 1:42 PM
6	We have one very successful child (older). Younger child has had to follow in her footsteps....which is difficult.	3/30/2021 10:15 AM
7	I don't wallow in it but I've made mistakes I wish I could change.	3/30/2021 9:56 AM
8	Sometimes one questions what they did in raising this child	3/30/2021 9:48 AM
9	I amde mistakes but I know I am a loving father	3/30/2021 9:18 AM
10	Somewhat agree	3/30/2021 8:40 AM

Q14 I feel a lot of frustration and anger toward my young adult and his or her actions.

Answered: 119 Skipped: 3



■ Strongly disagree
 ■ Disagree
 ■ Neither agree nor disagree
 ■ Agree
■ Strongly agree
 ■ N/A

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	32.77% 39	26.05% 31	13.45% 16	14.29% 17	13.45% 16	0.00% 0	119	2.50

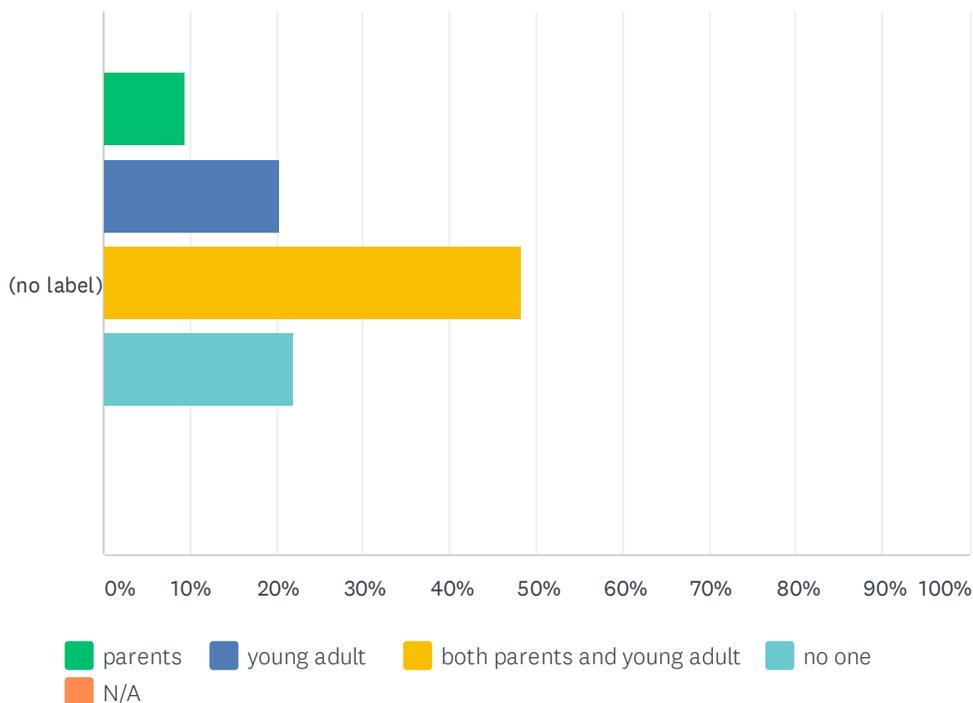
#	OTHER (PLEASE SPECIFY)	DATE
1	I struggle with the ups and downs. I feel like she can never sustain any forward momentum. I feel like she is capable of more but I don't know how to elicit that in a healthy way. Anything construed as pushing or boundary results in worsening symptoms	4/16/2021 10:34 AM
2	I feel it is my son's journey, not mine. I am sad not to be close with him right now. I will always be there for him when he is moving towards health.	4/1/2021 11:21 PM
3	not anger, more discouraged and frustrated	3/31/2021 4:42 PM
4	I feel frustration, but not anger	3/31/2021 9:16 AM
5	Sometimes	3/30/2021 3:10 PM
6	sometimes	3/30/2021 11:16 AM
7	Rarely.	3/30/2021 10:31 AM
8	Because of his communication and negativity with me, it makes me crazy.	3/30/2021 10:15 AM
9	Frustration	3/30/2021 9:48 AM

Parents of Young Adults

10	I understand the frustration anger and disappointment, but five years of support has been helpful	3/30/2021 7:00 AM
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Q15 Have any of the following family members sought counseling services in the last five years?

Answered: 118 Skipped: 4



	PARENTS	YOUNG ADULT	BOTH PARENTS AND YOUNG ADULT	NO ONE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	9.32% 11	20.34% 24	48.31% 57	22.03% 26	0.00% 0	118	2.83

#	OTHER (PLEASE SPECIFY)	DATE
1	Young adult and his older sibling. We did about 8 years ago, We also attended your workshop letting go of your adult children in Love	4/22/2021 12:45 PM
2	another child	4/16/2021 12:07 PM
3	Brief intervention looking for resources for coping strategies.	4/16/2021 10:46 AM
4	I have also been in therapy, her dad has not. So I'm not sure how to answer this.	4/16/2021 10:19 AM
5	daughter one year older	4/2/2021 10:46 PM
6	me - Mom	4/1/2021 11:21 PM
7	Drug counseling	3/30/2021 10:15 AM
8	A few sessions	3/30/2021 9:48 AM
9	And mother	3/30/2021 8:40 AM
10	Both my son and his older sister have sought mental health services in the last five years.	3/30/2021 8:18 AM

Q16 If any members of the family have sought counseling services now or in the past, please indicate the reason.

Answered: 103 Skipped: 19

#	RESPONSES	DATE
1	Relationship issues, anger issues	4/27/2021 8:51 AM
2	Dealing with our adopted son	4/24/2021 10:19 AM
3	N/A	4/23/2021 9:20 PM
4	we have both had therapy in the past. i was able to do zoom therapy during the pandemic but it didn't work for her.	4/23/2021 11:34 AM
5	Divorce	4/22/2021 8:28 PM
6	No	4/22/2021 3:04 PM
7	Mental Health, Substance abuse	4/22/2021 2:43 PM
8	We did family counseling 9 years ago. Our 4th child did for anxiety, and our 5th child for his chemical dependency and mental health issues.	4/22/2021 12:45 PM
9	Young adult - depression, family, BPD (ongoing). Mother - dysthymia, GAD, intimate betrayal trauma, family, marriage. Father - sex addiction, marriage.	4/22/2021 12:07 PM
10	DIVORCE	4/22/2021 12:00 PM
11	Anxiety depression and ADHD and parenting problems. I believe my daughter probably has borderline personality disorder. She may have bipolar as well but has not been diagnosed. She actually has 15 diagnoses but the rest of them I don't think of it as well.	4/22/2021 11:19 AM
12	n/a	4/22/2021 9:55 AM
13	I sought counseling to help me better navigate my relationship with my son. My son has used counseling to help him navigate depression and anxiety.	4/17/2021 1:07 PM
14	Relationship issues - son	4/17/2021 9:28 AM
15	Just learning how respect her individuality	4/17/2021 8:51 AM
16	PTSD, autism , depression, cannot tolerate any stress.	4/17/2021 12:14 AM
17	Stress about being single	4/16/2021 6:55 PM
18	Some for bereavement	4/16/2021 5:04 PM
19	Dealing with mental illness in the family	4/16/2021 4:05 PM
20	Anxiety Depression	4/16/2021 2:56 PM
21	Anxiety depression	4/16/2021 1:51 PM
22	Loss of parent	4/16/2021 12:08 PM
23	Depresssion	4/16/2021 12:07 PM
24	Couples counseling for parents about dads alcohol use and general relationship issues. Son got about a year of general counseling because of his difficulty finding something to do for work.	4/16/2021 11:56 AM
25	Parent to live life with more ease. Adult child to satisfy parents insistence that he get a job and move out of home.	4/16/2021 11:50 AM
26	Continuing growth process. She sees therapy as a good growth experience.	4/16/2021 11:15 AM

Parents of Young Adults

27	Family counseling after we learned about his drug use	4/16/2021 10:57 AM
28	n/a	4/16/2021 10:55 AM
29	As noted above: Looking for new resources for coping and dealing with parenting in the context of the pandemic.	4/16/2021 10:46 AM
30	Relationship issues	4/16/2021 10:40 AM
31	Anxiety and depression	4/16/2021 10:40 AM
32	Family, individual, couple and parent-child to help with communication, boundaries, conflict resolution, coping, diagnostic, etc.	4/16/2021 10:34 AM
33	Anxiety for the young adult in middle and high school. Parent for relationship issues not related to the young adult.	4/16/2021 10:23 AM
34	Anxiety, depression, feeling overwhelmed by life. Unable to function in daily life without being angry, edgy, tired, low. There's just SO MUCH GOING ON!	4/16/2021 10:19 AM
35	depression	4/16/2021 10:13 AM
36	Parenting, mental health	4/16/2021 10:11 AM
37	Son, for adjustment issues	4/16/2021 10:03 AM
38	anxiety, depression, divorce	4/12/2021 12:19 PM
39	General parenting advice and personal counseling. Specifically, how to accept and manage a child who is generally non-communicative with parents. This has been an issue from a very young age.	4/6/2021 11:36 AM
40	My son sought therapy throughout his teens for depression, anxiety, coping, general counseling escalated to a day program at Riverside in spring of 2016, 1 week of inpatient in 2016, and then DBT. His mom had counseling to work through relationship breakup and coping.	4/6/2021 9:23 AM
41	Conflict between father and son. Parents having different perspectives on parenting-very different parenting styles	4/3/2021 12:18 PM
42	none	4/2/2021 11:45 PM
43	anxiety / possibly depression / post child bearing	4/2/2021 10:46 PM
44	Son and I in therapy for communication and the significant differences in personality. We have both been in therapy in past. I was in therapy years ago--husband/father to children was bipolar; died 12 yrs ago	4/2/2021 1:36 PM
45	general mental health help and guidance with addiction in my family	4/1/2021 11:21 PM
46	Anxiety depression Child abuse/PTSD/schizophrenia	4/1/2021 5:22 PM
47	Son - anxiety. Mother - anxiety, stress.	4/1/2021 2:51 PM
48	Daughter: social worker helps her with her depression and relationships Mother: just started seeking help in an effort to learn how I can help my daughter	4/1/2021 7:50 AM
49	Conflicts over money and finances	3/31/2021 11:19 PM
50	Na	3/31/2021 8:58 PM
51	failure of eldest son to launch, Alcohol abuse	3/31/2021 7:56 PM
52	Anxiety	3/31/2021 6:55 PM
53	stress and anxiety around life transitions, launching from college to work, pandemic-related stressors	3/31/2021 6:45 PM
54	Anxiety, OCD	3/31/2021 6:15 PM
55	anxiety, depression, trauma history, relationship counseling	3/31/2021 6:15 PM
56	coaching for independence to transition back to college plan	3/31/2021 4:42 PM
57	parenting executive skill development	3/31/2021 1:46 PM

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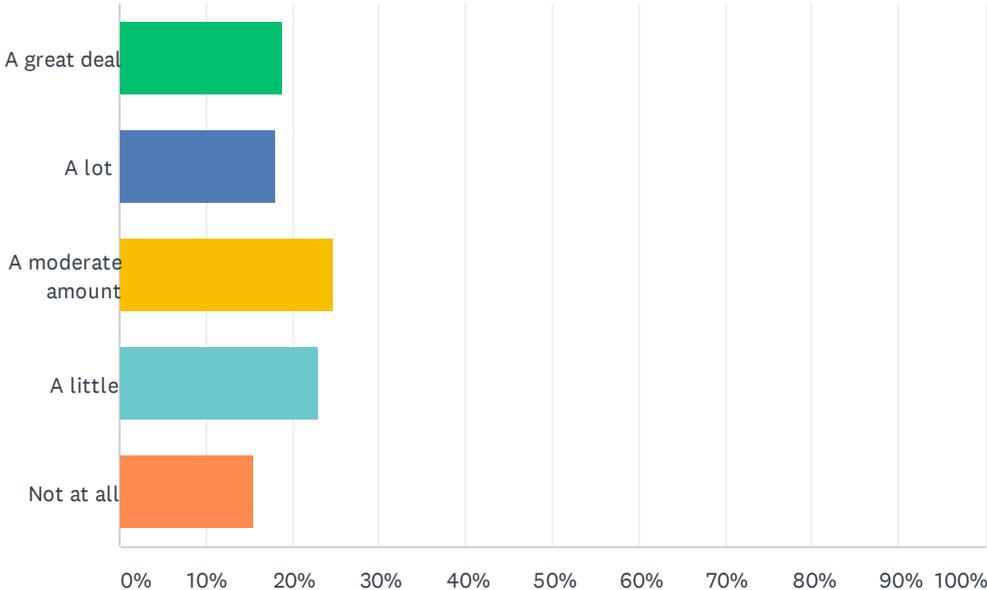
58	To better learn how to help our son by finding the line between helping and being co-dependent.	3/31/2021 9:16 AM
59	Writing letters if forgiveness.	3/30/2021 9:17 PM
60	Anxiety	3/30/2021 8:20 PM
61	Marriage Counseling	3/30/2021 7:42 PM
62	Young adult having Difficulty with one or both of the parents. Difficulties causing problems within the marriage	3/30/2021 5:33 PM
63	For diagnosis and talk-therapy for anxiety, depression, self-harm behavior, and to diagnose ADHD, which is scheduled but has not happened yet.	3/30/2021 5:02 PM
64	Trauma Anxiety and ADHD	3/30/2021 4:32 PM
65	stress and weight	3/30/2021 3:27 PM
66	To help me, the parent to understand the ill son and to deal with "PTSD" from the reactions and conversations with that child.	3/30/2021 3:23 PM
67	Husband and wife disagree on what to do next	3/30/2021 3:10 PM
68	life transitions / adjustments	3/30/2021 2:50 PM
69	Child obtained medication	3/30/2021 1:22 PM
70	depression/anxiety/sexual dysfunction	3/30/2021 12:47 PM
71	My young adult for difficulties with her mother.	3/30/2021 12:31 PM
72	Anxiety and depression	3/30/2021 12:30 PM
73	17 years ago marital discord	3/30/2021 11:51 AM
74	dealing with an adult child living at home	3/30/2021 11:43 AM
75	I have ongoing relationship with therapist. Parenting challenges has been focus.	3/30/2021 11:16 AM
76	Anxiety	3/30/2021 10:59 AM
77	Parents - depression Young Adult - anxiety/depression	3/30/2021 10:54 AM
78	Individual therapy for each parent for depression, anxiety, PTSD Couples therapy Daughter has been in therapy for many years for help with anxiety, adoption and attachment issues.	3/30/2021 10:42 AM
79	Depression and/or anxiety as well as attention and focusing issues.	3/30/2021 10:36 AM
80	Anxiety Extended family stress	3/30/2021 10:31 AM
81	Daughter suffers from BPD. We (parents) are her closest support system. Have leveraged the skills from Family Connections (NEABPD/MN NAMI); still, patience is wearing very thin.	3/30/2021 10:27 AM
82	No, but probably should.	3/30/2021 10:15 AM
83	Depression	3/30/2021 10:00 AM
84	Escalating arguments and tension in the home and potential damage to all relationships in the family.	3/30/2021 9:56 AM
85	Marriage counseling for us as parents	3/30/2021 9:51 AM
86	I had grief therapy after my husband died, my kids had grief therapy around that time as well. My 16 year old is currently in therapy for depression.	3/30/2021 9:34 AM
87	my child and I went to family therapy regarding finances	3/30/2021 9:18 AM
88	Substance abuse	3/30/2021 9:09 AM
89	Resolving family discord.	3/30/2021 8:59 AM
90	To help with help with learning issues	3/30/2021 8:45 AM
91	To learn more about his struggles and how to help	3/30/2021 8:40 AM

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92	Anxiety and depression for my son. Stress for me.	3/30/2021 8:26 AM
93	depression	3/30/2021 8:21 AM
94	to deal with mental illness issues and how to communicate	3/30/2021 8:20 AM
95	Both my son and daughter for severe anxiety.	3/30/2021 8:18 AM
96	Marital issues and personal trauma	3/30/2021 8:14 AM
97	Depression and anxiety	3/30/2021 7:44 AM
98	depression and anxiety marriage/divorce issues	3/30/2021 7:15 AM
99	Death of father	3/30/2021 7:13 AM
100	Mental health, past trauma	3/30/2021 7:01 AM
101	Misery?	3/30/2021 7:00 AM
102	I had therapy for 6 months for my own trauma	3/30/2021 6:55 AM
103	Depression, anger, addiction,	3/29/2021 6:07 PM

Q17 I believe my young adult child is responsibly independent (financially, physically, emotionally).

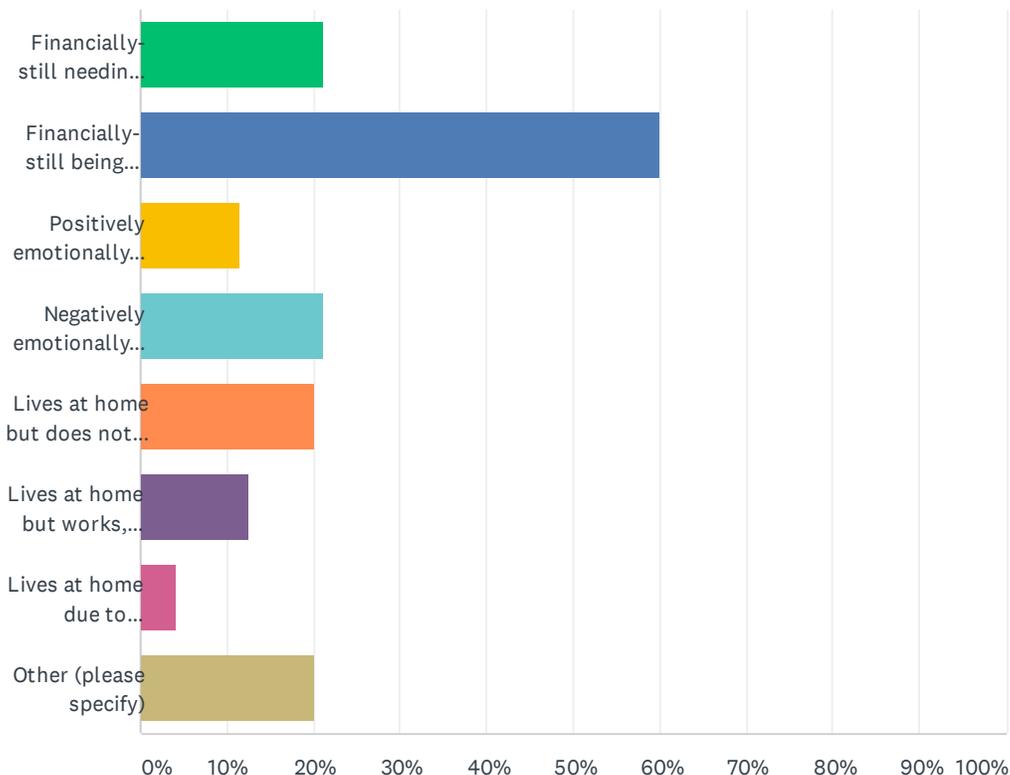
Answered: 122 Skipped: 0



ANSWER CHOICES	RESPONSES	
A great deal	18.85%	23
A lot	18.03%	22
A moderate amount	24.59%	30
A little	22.95%	28
Not at all	15.57%	19
Total Respondents: 122		

Q18 If your young adult is still dependent, check the item below that best describes their dependency.

Answered: 95 Skipped: 27



ANSWER CHOICES	RESPONSES
Financially- still needing and asking for money	21.05% 20
Financially- still being subsidized- parents covering insurance, housing costs, education, etc.	60.00% 57
Positively emotionally dependent- ask for emotional support, can't make a decision without your input or approval, easily affected by your emotional needs or concerns, worries about you, etc.	11.58% 11
Negatively emotionally dependent- blames you for their problems, finds fault with your parenting, plays a victim role, blames you for lack of progress on becoming more responsibly independent.	21.05% 20
Lives at home but does not contribute to the needs of the household- helping with housework, paying rent, doing laundry, etc.	20.00% 19
Lives at home but works, contributes- financially, helps with household chores, handles their responsibilities (e.g laundry, cleaning his room, etc.).	12.63% 12
Lives at home due to inability to be on his/her own due to physical, mental or learning disability	4.21% 4
Other (please specify)	20.00% 19
Total Respondents: 95	

#	OTHER (PLEASE SPECIFY)	DATE
1	He's pretty independent, though through us he gets essentially a rent subsidy (~200/month) and cell phone (which his older brother who is QUITE independent) also gets). We offer to help	4/17/2021 1:07 PM

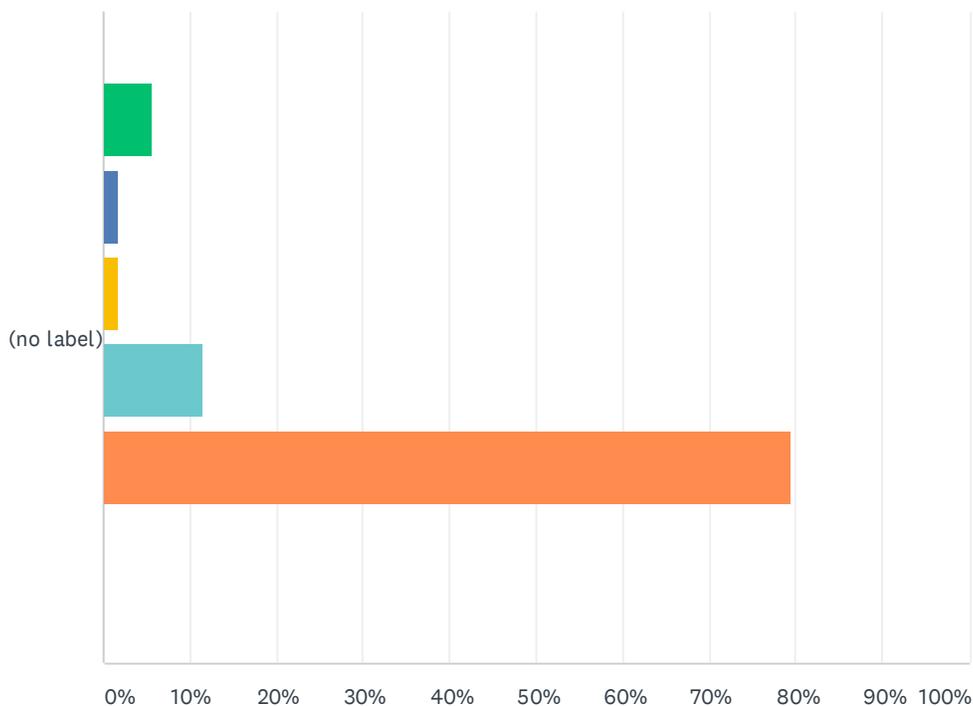
Parents of Young Adults

with counseling or extraordinary medical costs if he asks. Also, I care for his young dog while he's at work.

2	None	4/16/2021 12:08 PM
3	Not Applicable	4/16/2021 10:46 AM
4	Living at home while school living arrangement are difficult with COVID	4/16/2021 10:40 AM
5	Could move to a more independent level of living but support services not available and long waiting lists. She wants so badly to be independent but doesn't want to work on steps to get there. Expects magic... I.e. wants apartment but has no way to support herself	4/16/2021 10:34 AM
6	Finished college and studying for her MCAT for medical school	4/16/2021 10:28 AM
7	I willing give a minimal amount each month to support during college.	4/16/2021 10:23 AM
8	not dependent	4/16/2021 10:03 AM
9	Possibly on the ASD, but not confirmed. Suspected	4/6/2021 9:23 AM
10	Currently living with a friend but usually lasts about 1-6 months	4/1/2021 5:22 PM
11	Has received stimulus checks to pay for wants.	4/1/2021 2:51 PM
12	he is doing well as far as I can tell. I feel that he is guarded and distant.	4/1/2021 10:11 AM
13	Lives alone in a modest apartment, struggles with depression and alcoholism...currently unemployed due to covid....doesn't blame me for her situation....has good and bad days....past year has not needed money for bills but she did prior to last year	4/1/2021 7:50 AM
14	lives at home and is still a minor, helps some but not as much as to be reasonably expected and only under direct instruction	3/31/2021 6:15 PM
15	Not dependent	3/30/2021 4:32 PM
16	not dependent. Seeks guidance on major life decisions, but decides independently	3/30/2021 2:50 PM
17	Doesn't ask for money.....but clearly needs money	3/30/2021 9:48 AM
18	Mental illness	3/30/2021 8:40 AM
19	Lives with aunt, contributes some financially, does limited chores, unable to live on his own financially, mentally, possibly due to learning disability	3/30/2021 7:01 AM

Q19 I have communicated in word and action my unconditional love for my young adult?

Answered: 122 Skipped: 0



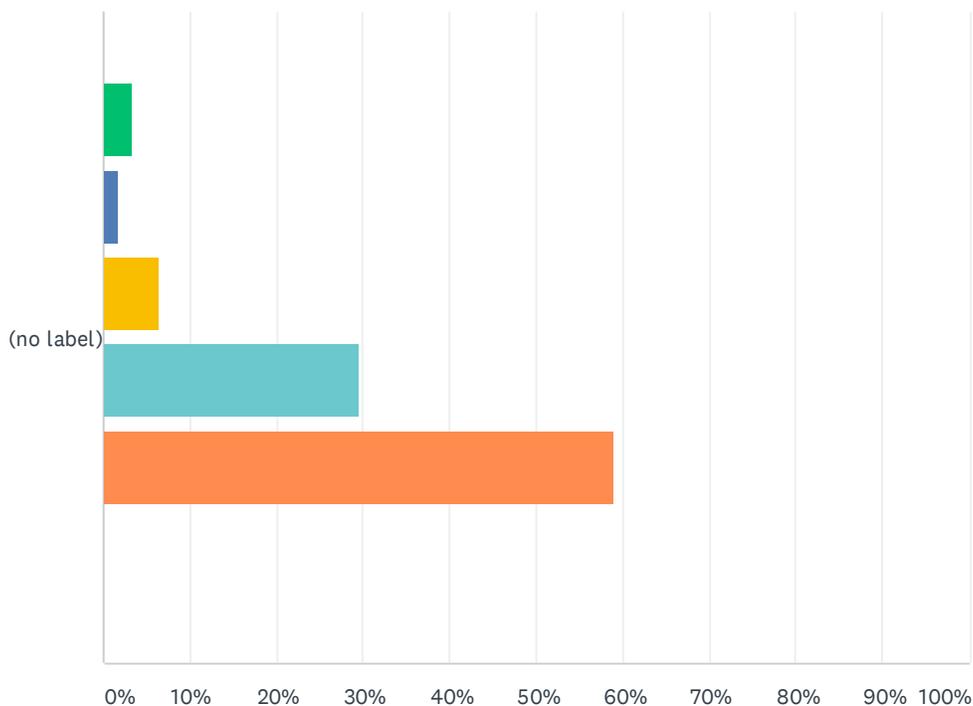
■ Strongly disagree
 ■ Disagree
 ■ Neither agree nor disagree
■ Somewhat agree
 ■ Strongly agree
 ■ N/A

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	SOMEWHAT AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	5.74%	1.64%	1.64%	11.48%	79.51%	0.00%	122	4.57
	7	2	2	14	97	0		

#	OTHER (PLEASE SPECIFY)	DATE
1	As he has been hospitalized, or in a treatment center we have visited him, encouraged him and was his cheerleader. I wrote a letter of goodbye like you suggested in one of your emails. I cried the whole time writing it. I told him all the good things about him from birth on. I also told him I was letting him go to make his own decisions because he is a man.	4/22/2021 12:45 PM
2	This is challenging because she doesn't believe it	4/16/2021 10:34 AM
3	Support(action) rather than love. Love is good, but support (financial, emotional) is the real deal	3/30/2021 7:00 AM

Q20 I have communicated in word and action support for my young adult's unique and separate identity?

Answered: 122 Skipped: 0



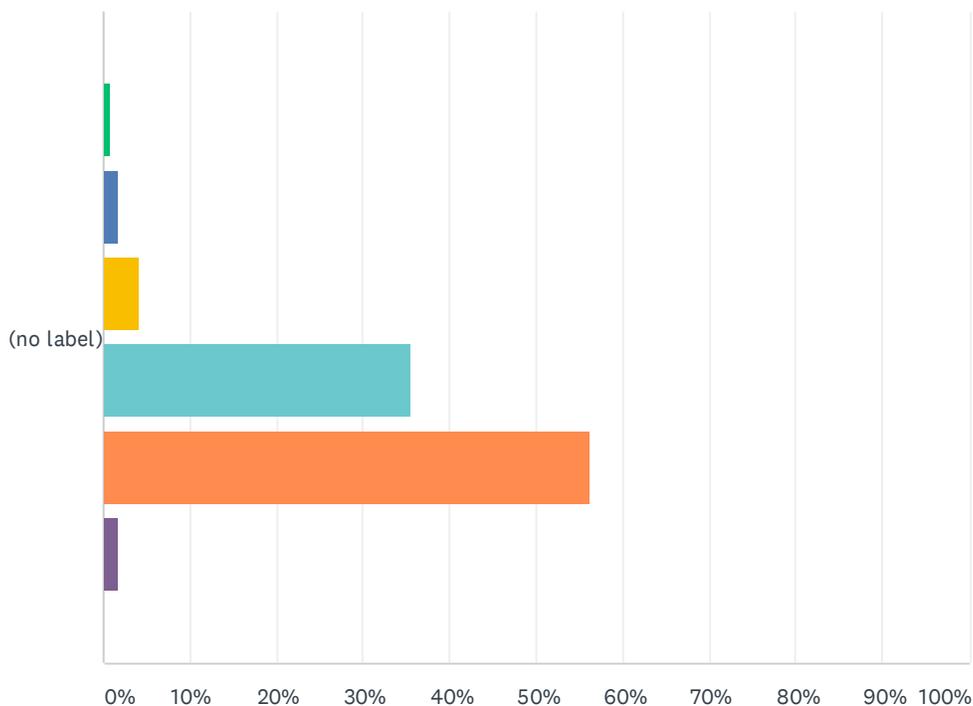
■ Strongly disagree
 ■ Disagree
 ■ Neither agree nor disagree
 ■ Agree
■ Strongly agree
 ■ N/A

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	3.28%	1.64%	6.56%	29.51%	59.02%	0.00%	122	4.39
	4	2	8	36	72	0		

#	OTHER (PLEASE SPECIFY)	DATE
1	He would strongly disagree	4/1/2021 2:51 PM
2	The girl friend has been 3-4 years now. My son needs help with trusting God to be confident enough to trust God and make a commitment.	3/30/2021 9:17 PM
3	I am learning to	3/30/2021 7:00 AM

Q21 I have fully supported my young adult's efforts and desires for independence?

Answered: 121 Skipped: 1



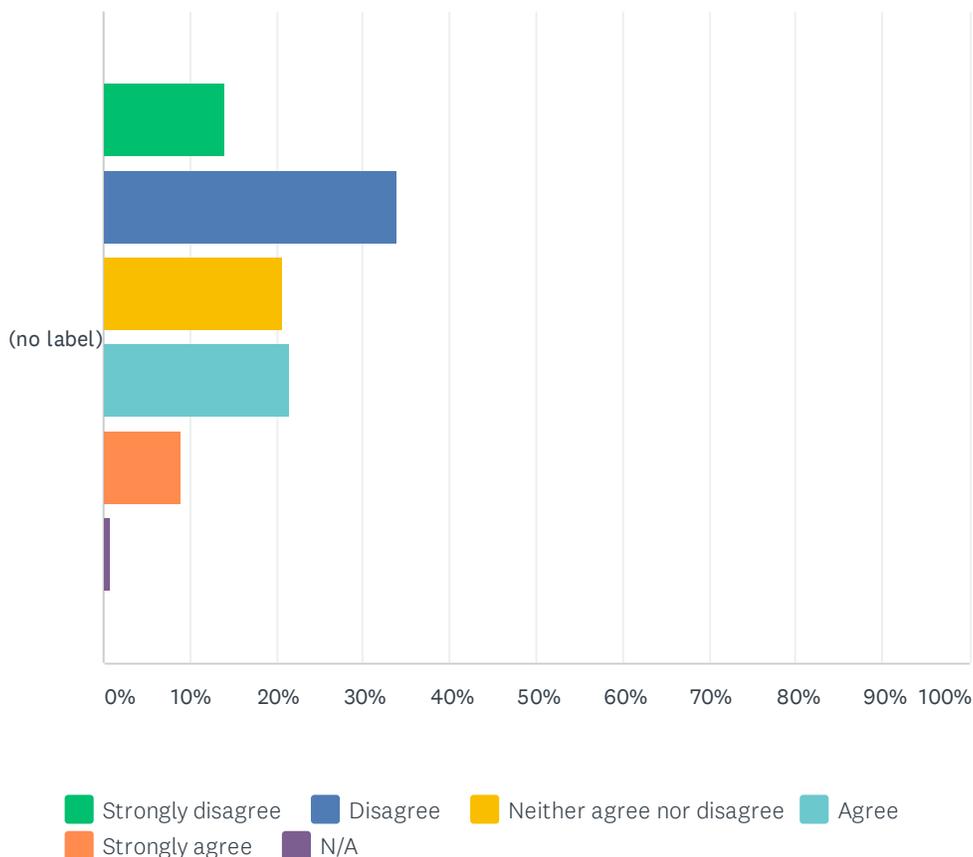
■ Strongly disagree
 ■ Disagree
 ■ Neither agree nor disagree
 ■ Agree
■ Strongly agree
 ■ N/A

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	0.83%	1.65%	4.13%	35.54%	56.20%	1.65%	121	4.47
	1	2	5	43	68	2		

#	OTHER (PLEASE SPECIFY)	DATE
1	Backwards support - As codependent/enabler, I research, plan course of action, and push results on daughter. I also send her the clear message that she can't figure things out without my help (which I believe is true)	4/22/2021 12:07 PM
2	(Not sure he'd say the same thing.)	4/17/2021 1:07 PM
3	She has a job that is making school harder; and is attempting for college. She's quite frankly a mess.	4/16/2021 10:19 AM
4	she has not shown any desire	3/30/2021 8:20 AM

Q22 I have had a harder time letting go of my young adult than did my parents when I was a young adult.

Answered: 121 Skipped: 1



	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	14.05%	33.88%	20.66%	21.49%	9.09%	0.83%	121	2.77
	17	41	25	26	11	1		

#	OTHER (PLEASE SPECIFY)	DATE
1	I don't have issues letting go. My parents were encouraging of my independence. I tried to model that same attitude for my son.	4/27/2021 8:51 AM
2	Because of mental health issues, I think it was harder. But my parents had a harder time letting my older brother go because of his mental health issues.	4/22/2021 12:45 PM
3	My mother, age 84, STILL hangs on to and worries over her idealized version if me, her oldest daughter. When I left for college, I Freed myself from my mother's anxiety and my father's anger. I escaped being viewed as 'less than, incapable' because of being female (farm girl, late 1970s). I unfortunately lost much of the good stuff too, such as sense of home and belonging, the status afforded me in community by virtue of being their daughter, my derp connection to the fields, dirt, crops. I had to leave my soul Behind in order to protect and grow my creative spirit. I never found a way to reintegrate my selves and it's left me deeply nostalgic, an exhausted pilgrim who wants to go home.	4/22/2021 12:07 PM
4	He seems to lack a desire to be fully independent despite our encouragement - he is fearful	3/31/2021 1:46 PM
5	We desire a stronger relationship with our kids than our parents did with us. (my interpretation)	3/31/2021 1:42 PM

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6	Only because of the illness. Other adult child functions well on her own.	3/30/2021 3:23 PM
7	I would let go if she was independent	3/30/2021 8:20 AM

Q23 If you believe that you have had harder time letting go of your young adult child please indicate the reasons for this.

Answered: 68 Skipped: 54

#	RESPONSES	DATE
1	N/A	4/27/2021 8:51 AM
2	N/A	4/23/2021 9:20 PM
3	I don't feel this wway	4/23/2021 11:34 AM
4	I want him to be independent	4/22/2021 8:48 PM
5	Na	4/22/2021 3:04 PM
6	Mental Health issues.	4/22/2021 12:45 PM
7	Little chance to see them Covid-19 restrictions	4/22/2021 12:43 PM
8	I think my daughter and I are negatively enmeshed as the result of me advocating for and assisting her throughout her childhood due to special needs. Makes it hard to be healthy together and let go. Very eye opening considering the fact that I know how much that can handicap/damage a child as they try to adult; I'm married to a mother-enmeshed-man. I got out from under my parents' watchfulness when I went to UW-Madison. Successes snd failures were my own unless I shared them (or needed rescuing).	4/22/2021 12:07 PM
9	My child has learning disabilities and I did not. My child went through a lot of trauma as a child and I did not.	4/22/2021 11:19 AM
10	n/a	4/22/2021 9:55 AM
11	Part of the reason is the comparison: I was the oldest, and my mother doted on my much younger half-sister. I was independent and out the door with hardly a good-bye. Why do I have so much difficulty letting go? Is it because my self-worth is wrapped up in his potential? Is it because he experienced trauma when he was 12 (best friend died of accidental hanging) and I want to protect him? Is it because he was arrested for drug possession and for 2 1/2 years had a felony on his record that prevented him from finding housing and he was miserable?	4/17/2021 1:07 PM
12	I would like him to further his education.	4/17/2021 9:28 AM
13	Overprotective	4/17/2021 8:51 AM
14	Covid	4/16/2021 10:34 PM
15	na	4/16/2021 5:04 PM
16	Mom had a harder time due to Dad's traveling for business.	4/16/2021 2:56 PM
17	Society is more complex now. Many more factors for survival/success.	4/16/2021 2:46 PM
18	We have such a good relationship	4/16/2021 1:51 PM
19	I feel guilty about being a bad parent. And I was fear that I've always been too active in his life.	4/16/2021 11:56 AM
20	He is immature. Maybe he hangs on to me and I don't know how to create separation. Not sure	4/16/2021 11:50 AM
21	N/A	4/16/2021 10:57 AM
22	n/a	4/16/2021 10:55 AM
23	N/A	4/16/2021 10:40 AM
24	No reason	4/16/2021 10:28 AM

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25	My parents were not emotionally close and did not express in word or action any difficulty letting go.	4/16/2021 10:23 AM
26	She has mental health issues that I worry about. She doesn't seem to manage without help.	4/16/2021 10:19 AM
27	I want her out so NA	4/16/2021 10:11 AM
28	n/a	4/12/2021 12:19 PM
29	I don't feel that I have a hard time	4/6/2021 9:23 AM
30	n/a	4/2/2021 11:45 PM
31	N/A	4/2/2021 10:46 PM
32	His disability and vulnerability	4/1/2021 5:22 PM
33	He has had health problems, some disappointments. He and mother were very close. His father was more hands off- thinking he would straighten out eventually.	4/1/2021 2:51 PM
34	My son moved to S. California and I miss him and worry about him. He had an eating disorder in high school and I wonder how he is navigating life's stressors.	4/1/2021 10:11 AM
35	She is my only child and has always struggled in some way....I raised her myself since she was 7....we took many vacations together over the years....my parents had 5 children	4/1/2021 7:50 AM
36	Na	3/31/2021 8:58 PM
37	We moved out as teenagers and stayed out	3/31/2021 7:56 PM
38	I am so much more involved in their lives than my parents were. I view this mostly as a positive element for both sides but sometimes I wonder if we hold our kids back by being too available with advice, etc. However, this last year with the pandemic has been unprecedented and we want to provide as much support as we can	3/31/2021 6:45 PM
39	Worries about ability to navigate this screwed up society	3/31/2021 6:15 PM
40	My own fear of being alone, fear that she will not wish to see me	3/31/2021 6:15 PM
41	He has Aspergers so he needs some additional "support".	3/31/2021 9:16 AM
42	We did nit have respect in high school. He chose the drinking buddies and hiding out at friends homes on weekends. Lost relationship.	3/30/2021 9:17 PM
43	My parents did nothing to support me or help me navigate The years between high school and adulthood I have worked hard to provide an environment rich with opportunity for my child and have been fully engaged in supporting him and helping him navigate through life.	3/30/2021 5:33 PM
44	He's very passive and reluctant to ask for help	3/30/2021 4:32 PM
45	His illness. He makes questionable decisions. At times I would consider him a vulnerable adult.	3/30/2021 3:23 PM
46	N/A	3/30/2021 3:10 PM
47	I believe the world is in a worse place than 30 years ago	3/30/2021 1:22 PM
48	don't necessarily trust him	3/30/2021 12:47 PM
49	Closer to my young adult than my parents were to me.	3/30/2021 12:31 PM
50	N/A	3/30/2021 11:51 AM
51	helicopter parenting	3/30/2021 11:43 AM
52	Completely different era. My parents basically cut us off financially around age 21- in the 1970's. I have raised my son as single parent so feel more responsible. Harder to be independent given college and living costs.	3/30/2021 11:16 AM
53	staying more connected due to technology that did not exist when I left home.	3/30/2021 10:54 AM
54	We are much closer and more involved in daily issues than my parents were. They had seven children, were always on the edge financially and took wonderful care of us as a group. They	3/30/2021 10:42 AM

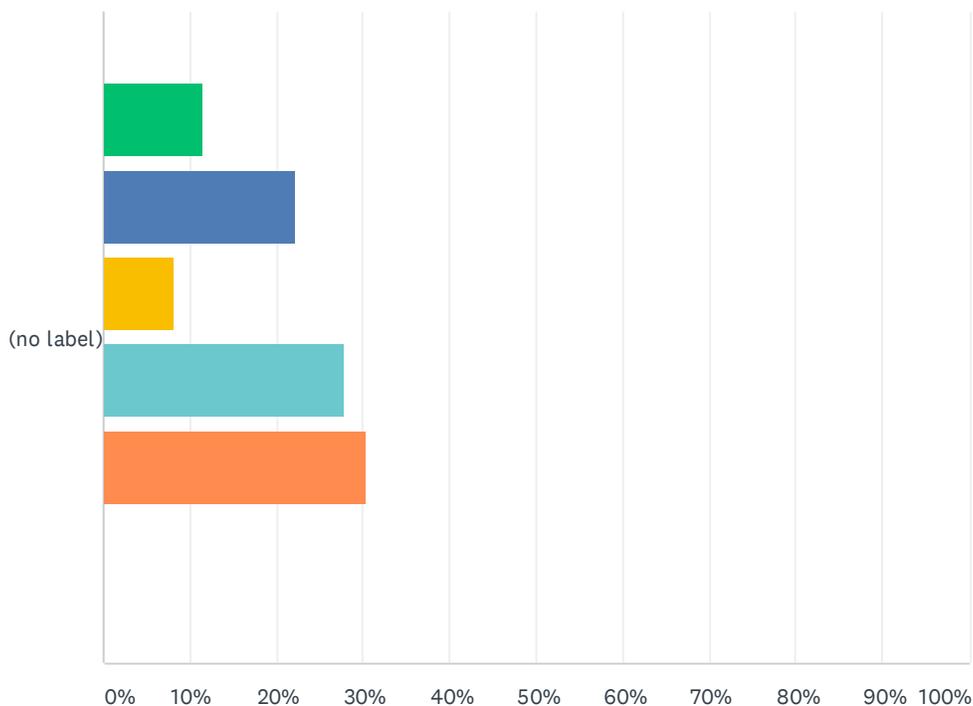
Parents of Young Adults

were much less involved with each of us individually.

55	N/A	3/30/2021 10:36 AM
56	We seem to be more closely connected. My mom needed me, I was not as much pursuing her. My daughter looks to me for support as a friend would.	3/30/2021 10:31 AM
57	We do worry about suicide and potential consequences of living on the street.	3/30/2021 10:27 AM
58	He seems more fragile and either not capable or not interested in engaging fully in his own life.	3/30/2021 10:00 AM
59	The cost of housing and education is significantly higher. It is very challenging fir young adults to find affordable housing.	3/30/2021 9:56 AM
60	We have had a difficult time letting go of him financially---not otherwise.	3/30/2021 9:48 AM
61	My personal history of being widowed, along with the stress of the COVID19 pandemic.	3/30/2021 9:34 AM
62	I was a single Dad and my oldest daughter has autism and I just loved being a Dad but now my youngest daughter is a beautiful independent woman who I am so proud of.	3/30/2021 9:18 AM
63	NA	3/30/2021 9:09 AM
64	As a single mom doing the lions share of the parenting for most of the many years, I developed very close bonds with my 2 children.	3/30/2021 8:26 AM
65	we don't let go because we feel responsible and worry she will be homeless or harm herself or die	3/30/2021 8:20 AM
66	I just stayed more connected. It was a priority to stay connected where my parents disconnected	3/30/2021 8:14 AM
67	Sad that this stage of life is ending. Think she's awesome and don't want to lose level of contact we've had.	3/30/2021 7:21 AM
68	Na	3/29/2021 6:07 PM

Q24 Do you believe that your young adult is having a harder time letting go and attaining responsible independence than you had as a young adult?

Answered: 122 Skipped: 0



■ Strongly Disagree
 ■ Disagree
 ■ Neither agree nor disagree
 ■ Agree
■ Strongly agree
 ■ N/A

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	11.48%	22.13%	8.20%	27.87%	30.33%	0.00%	122	3.43
	14	27	10	34	37	0		

#	OTHER (PLEASE SPECIFY)	DATE
1	It's relative. I left home and the state at 17 and didn't ever move back. Not necessarily a good idea.	4/22/2021 8:28 PM
2	I had no financial or emotional support and my young adult gets both. I see it as healthy.	4/16/2021 10:23 AM
3	He was independent for a number of years living in different city. Came back, got a job, lost job due to COVID, decided to rt to school	4/2/2021 1:36 PM
4	I was from a larger family, we were ready to head out of the house and go to college, and start a career.	3/31/2021 1:42 PM

Q25 If you believe your young adult is having a harder time letting go and attaining responsible independence, please indicate the reasons for this?

Answered: 82 Skipped: 40

#	RESPONSES	DATE
1	He has an attitude that we owe him something. We have raised him and expect he take the reigns for his own life. We will continue to support and encourage him	4/27/2021 8:51 AM
2	Difficulty with higher education & some of his choices	4/24/2021 10:19 AM
3	N/A	4/23/2021 9:20 PM
4	She is oldest, I was youngest. I had to be independent from an early age due to difficulties in my parents relationship. My daughter also had difficulties with her father and our relationship but it has made her a bit more dependent.	4/23/2021 11:34 AM
5	He won't do what is best for him.	4/22/2021 8:48 PM
6	He's working full time, but with the pandemic, he moved home and is saving money. He's pretty independent.	4/22/2021 8:28 PM
7	Not sure	4/22/2021 3:04 PM
8	Lack of direction and motivation	4/22/2021 2:43 PM
9	Uneven development creating dissonance - in some ways, she's like a 13 yr. old, some ways all grown up. So she leans on us and uses us as a safety net. Unrealistic, clueless sense of how to attain what she desires. Lack of confidence. Fear of not knowing what to do (which is different than fear if unknown). Poor work ethic due to sense of entitlement and a mother who always smoothed the way.	4/22/2021 12:07 PM
10	SHE NEEDS SOMEONE TO TAKE CARE OF HER - SHE CANNOT STAND THE IDEA OF BEING ALONE	4/22/2021 12:00 PM
11	My daughter has mental illness and she also used marijuana for period of time which I believe affected her brain development and now is regressed. My child has endured many Trumatic situations in her childhood which I feel I couldn't prevent because they were out of my control but yet somehow I still feel blamed for them. I remarried in this cost her a lot of extra stress and happy as she received from my now ex-husband. So I blame myself and then touch sometimes I take responsibility for her life which I know it's not right.	4/22/2021 11:19 AM
12	n/a	4/22/2021 9:55 AM
13	See above comment about felony charge for drug possession. This really set him back in multiple ways. His substance use (alcohol and pot) also holds him back, as does his pessimism.	4/17/2021 1:07 PM
14	Low ambition and depression.	4/17/2021 9:28 AM
15	Needs assistance navigating the adult world. Gets easily confused and frustrated by new procedures, directions. Pandemic has made everything more difficult. She doesn't dress appropriately due to tactile issues.	4/17/2021 12:14 AM
16	The BS in our society	4/16/2021 10:34 PM
17	He has mild Autism	4/16/2021 5:04 PM
18	She has a chronic mental illness	4/16/2021 4:05 PM
19	Indecision Lack of motivation	4/16/2021 2:56 PM
20	The realities of a pandemic limit options.	4/16/2021 2:46 PM
21	Na	4/16/2021 1:51 PM

Parents of Young Adults

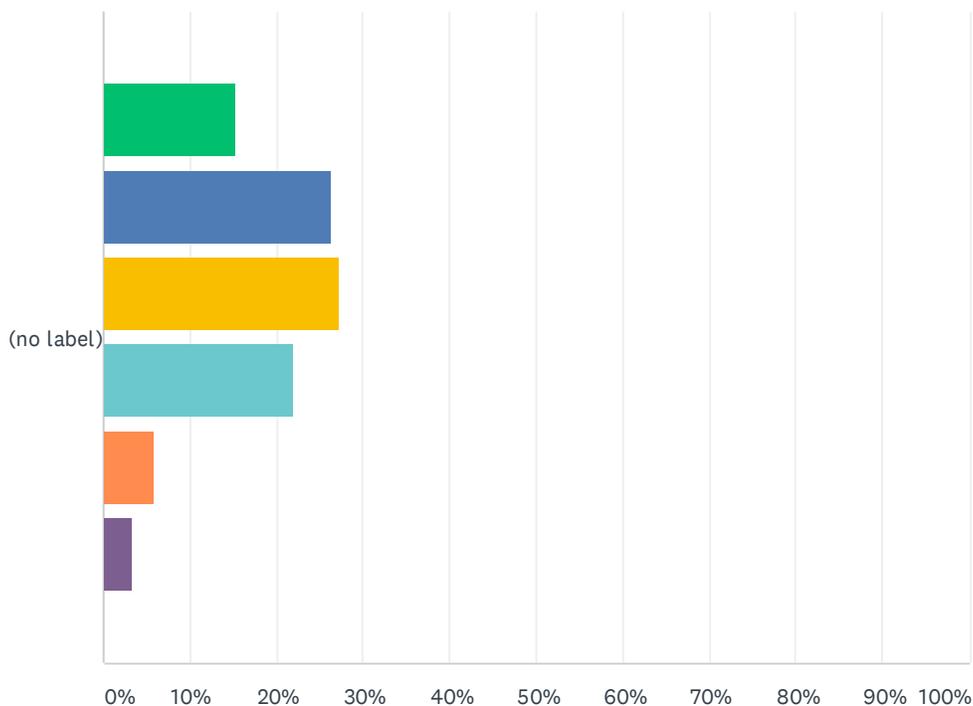
22	Trauma of seeing his father die. Dependence on escape in books and video. Not getting personal responsibility in a positive way, only negative.	4/16/2021 11:50 AM
23	She learned to lean on us. I never had that opportunity.	4/16/2021 11:37 AM
24	We have the opposite problem. He thinks he's ready for the world and won't let us explain things he obviously needs to know.	4/16/2021 10:57 AM
25	n/a	4/16/2021 10:55 AM
26	Her breakup with abusive ex partner	4/16/2021 10:40 AM
27	Complicated. Mental health issues and physical symptoms interfere.	4/16/2021 10:34 AM
28	It is a different time. I went away to college and then got a job. My daughter has graduated from college and now is home to study for her MCAT. She will be independent once that entire process is over - which will be many years from now.	4/16/2021 10:28 AM
29	Because I had no choice but to be completely independent. My young adult does not ask for financial support, I willing give to help.	4/16/2021 10:23 AM
30	I think I support her TOO much. She tries so hard and then crumbles. She knows she can always come home and get what she needed. This is a double edged sword.	4/16/2021 10:19 AM
31	She seems to want to be very independent but isn't ready - makes poor financial decisions on her own still.	4/16/2021 10:13 AM
32	Generational?	4/16/2021 10:11 AM
33	Physical illness and mental illness have been challenges she seems to be consumed by.	4/12/2021 12:19 PM
34	Partly because of his coping skills, blames others for not understanding his finances, how to fix things, his motivation, and possibly due to his mental health issues	4/6/2021 9:23 AM
35	1) He spends too much time on video games 2) He does not tap into networks of support (like school advisors, professors, family/friends in his field of study etc) 3) He jokes he will live with us until he is 40. We encourage his independence by 25.	4/2/2021 11:45 PM
36	N/A	4/2/2021 10:46 PM
37	Inability to think clearly	4/1/2021 5:22 PM
38	Too many to list - anxiety, over parenting, too many choices, excessive/early marijuana use.	4/1/2021 2:51 PM
39	Depression and alcohol issues the past 3 years...lacks motivation to excel...makes poor choices time after time	4/1/2021 7:50 AM
40	Emotionally immature	3/31/2021 8:58 PM
41	low esteem & self-worth, problems abusing his medicines	3/31/2021 7:56 PM
42	Legal barriers Not knowing next steps Fear	3/31/2021 6:15 PM
43	She is socially anxious, so I feel that she sometimes relies on our relationship, rather than those of peers. Also, she lacks self confidence and often appears reluctant to try novel things	3/31/2021 6:15 PM
44	I do not know, possibly fear of change and past choices that did not work out well,	3/31/2021 4:42 PM
45	this is a topic we struggle to understand - fear of failure? we are not clear why he does not want to get a drivers license, why he prefers to stay home and play video games, no interest in getting a job despite our limiting money	3/31/2021 1:46 PM
46	It was pretty darn comfortable around the house. But he figured it out and became independent	3/31/2021 1:42 PM
47	Part of the challenge is his Aspergers and part of it is us helping too much in the past.	3/31/2021 9:16 AM
48	His confidence in facing his abilities and addiction and being responsible for car , dwelling, girl friend out come later in life .	3/30/2021 9:17 PM
49	Covid disrupted development of independent skills.	3/30/2021 8:20 PM
50	Our environment is very comfortable. Kids today I don't have to work as hard as when I was growing up	3/30/2021 5:33 PM

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51	Unsure	3/30/2021 4:32 PM
52	medical noted previously	3/30/2021 3:27 PM
53	His illness	3/30/2021 3:23 PM
54	Her adult skills are lacking	3/30/2021 3:10 PM
55	Child's trek to independence has been appropriate and normal; parental trajectory marked by a different family situation.	3/30/2021 2:50 PM
56	The world is more complicated to navigate	3/30/2021 1:22 PM
57	more difficult time	3/30/2021 12:47 PM
58	Resentment of the neglect in attention from parents when growing up.	3/30/2021 12:31 PM
59	I feel like in trying to make life better, we have made it worse by doing too much for her.	3/30/2021 11:51 AM
60	lack of drive, self esteem	3/30/2021 11:43 AM
61	I had a lot of initiative and wanted to get "away". My son lacks initiative and direction.	3/30/2021 11:16 AM
62	Harder to afford independent living by ones self.	3/30/2021 10:59 AM
63	She's had severe anxiety most of her life.	3/30/2021 10:42 AM
64	Electronic media and association with individuals involved in such activities along with some moderate illegal drug use that directed him/her away from more positive and constructive activities	3/30/2021 10:36 AM
65	N/A	3/30/2021 10:31 AM
66	Fear of abandonment drives virtually every dysfunction decision and behavior.	3/30/2021 10:27 AM
67	Not sure. He sure doesn't like us.	3/30/2021 10:15 AM
68	? Wish I knew. I think he has just not engaged in the types of experiences that bring independence. He hasn't wanted to whereas I did want to.	3/30/2021 10:00 AM
69	I don't know. He complains about us and how we live, id think he would be motivated to move out. There may be some emotional repair needed or simply additional time to mature.	3/30/2021 9:56 AM
70	Lack of confidence in oneself? Inability to find a job?	3/30/2021 9:48 AM
71	none	3/30/2021 9:18 AM
72	Anxiety and depression untreated	3/30/2021 9:09 AM
73	I don't know. I can't relate to his lack of motivation.	3/30/2021 8:59 AM
74	I wanted to work and save and excel to be on my own, he wanted to be independent but expects us to pay for more than we should	3/30/2021 8:45 AM
75	He's trying to understand himself, his mental/emotional illness/struggles, his confusion about how to support himself. He says he's had this his whole life.	3/30/2021 8:40 AM
76	My dad gave us the boot at age 18.	3/30/2021 8:26 AM
77	Unclear	3/30/2021 8:21 AM
78	mental illness, multiple diagnosis, now ADHD, Autism and BPD	3/30/2021 8:20 AM
79	Primarily his anxiety that was severe and untreated when he was in college He dropped out of college after two years and it took about six years after that for him to become fully independent.	3/30/2021 8:18 AM
80	NA	3/30/2021 8:14 AM
81	Not sure but some combination of mental illness, fear, ???	3/30/2021 7:01 AM
82	NA	3/29/2021 6:07 PM

Q26 My worries, concerns, and fears that make it harder for me to let go of my young adult?

Answered: 118 Skipped: 4



■ Strongly disagree
 ■ Disagree
 ■ Neither agree nor disagree
 ■ Agree
■ Strongly agree
 ■ N/A

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	15.25% 18	26.27% 31	27.12% 32	22.03% 26	5.93% 7	3.39% 4	118	2.76

#	OTHER (PLEASE SPECIFY)	DATE
1	this question doesn't make sense	4/23/2021 11:34 AM
2	ABSOLUTELY.	4/16/2021 10:19 AM
3	This question seems to be missing a word	4/16/2021 10:03 AM
4	We don't understand this question	3/31/2021 7:56 PM
5	sometimes	3/31/2021 6:45 PM
6	He has a career he does we at. No insurance however and and providing support for a wife	3/30/2021 9:17 PM
7	This is a badly worded question	3/30/2021 12:30 PM
8	This question does not make grammatical sense, I am answering this as if the word 'that's is not present.	3/30/2021 10:36 AM
9	Finance issues	3/30/2021 10:15 AM

Q27 What are your biggest worries, fears or concerns regarding your young adult? What keeps you awake at night? Please describe.

Answered: 113 Skipped: 9

#	RESPONSES	DATE
1	That he may end up dead!	4/27/2021 8:51 AM
2	His safety & ability to find success and self worth	4/24/2021 10:19 AM
3	His chosen education is very specific and the jobs are rare	4/23/2021 9:20 PM
4	her anxiety and my poor responses to it	4/23/2021 11:34 AM
5	He can be moody. I want him to create his own family. We have no relatives in the area. I'm a single parent. His father is out of the country. I want him to have more people in his life.	4/22/2021 8:28 PM
6	He has been on his own but does not want to be responsible for his bills. It is easy for him to pay rent to me and that's it. Same with food. He pays me but won't go get them on a regular bases. Never opens or pays his medical bills. His job is seasonal and does not pay enough for rent and other bills but does not care to try and do better. Lack of caring about adult responsibilities like working on filing taxes or how to care for a home so things don't fall apart. His space is messy but does not care. Watches and plays video games when now working and nothing else. No hobbies or other interests.	4/22/2021 3:04 PM
7	Safety	4/22/2021 2:43 PM
8	Mania	4/22/2021 12:45 PM
9	His management of his personal finances	4/22/2021 12:43 PM
10	I'm afraid my daughter will become further and further entrenched in the notion that her dreams are just that - dreams. I worry that she believes a good, satisfying life is for other people, but not her. That she'll choose to always live on the island of misfits where they sit around stuck in inertia. And their lives go by, in washed out colors, never vibrant. Such a shame. I worry that if I don't somehow jumpstart my daughter's life, she'll keep going nowhere fast. I hate the influence her friends have on her - they live at home, have shitty little jobs, talk about future but do nothing, vape and do weed. Lazy too.	4/22/2021 12:07 PM
11	HOW SHE TREATS ME	4/22/2021 12:00 PM
12	My biggest fear is when she struggling that I'm going to go over department and find her dead.	4/22/2021 11:19 AM
13	n/a	4/22/2021 9:55 AM
14	College or other plan after high school and whether or not he will be able to get in where he wants	4/17/2021 1:32 PM
15	I worry about his physical health, but less so than a year ago. I also worry that he disdains me. It's eating me up.	4/17/2021 1:07 PM
16	That he won't feel fulfilled in his life.	4/17/2021 9:28 AM
17	Covid	4/17/2021 8:51 AM
18	I worry that she will not have the support she needs once I'm gone. She needs an advocate or someone to assist her with paperwork, getting benefits etc.	4/17/2021 12:14 AM
19	I just want him to see what everyone else sees!	4/16/2021 10:34 PM
20	General safety. Lives near riots and crime/unrest.	4/16/2021 6:55 PM
21	That he will be happy. That he will be able to support himself when me and his dad arent there.	4/16/2021 5:04 PM
22	Her getting hurt in the community, going back into the hospital	4/16/2021 4:05 PM

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23	Completing school Finding a job Finding romance	4/16/2021 2:56 PM
24	I will die before they know how to do "adulting." (Taxes, insurance, etc.)	4/16/2021 2:46 PM
25	His loneliness	4/16/2021 1:51 PM
26	Career path	4/16/2021 12:08 PM
27	Having them live a happy and fulfilled life in a tough world - with frightening events in the future	4/16/2021 12:07 PM
28	I worry that he won't be any more satisfied with his life than I have been.	4/16/2021 11:56 AM
29	That he won't have a healthy body.	4/16/2021 11:50 AM
30	I worry some about her and her husband financially	4/16/2021 11:37 AM
31	Worries about the safety of the world. Not about my child.	4/16/2021 11:15 AM
32	That his drug use will get him arrested, that he'll be badly beaten while high or do something that risks his personal safety	4/16/2021 10:57 AM
33	relationship with girlfriend	4/16/2021 10:55 AM
34	I am worried that we live in a world out of control and the stresses are increasing at a mind blowing rate. I want to be able to prepare my son and assist him in dealing with all of this. The limitations on what I can do are a realistic part of life, I know, but I wish I could do more.	4/16/2021 10:46 AM
35	Relationship with current partner	4/16/2021 10:40 AM
36	She needs a community of peers, friends and a place to use her incredible gifts and strengths to find purpose in the world. And she wants it so badly, but she resists and struggles with the steps to get there...	4/16/2021 10:34 AM
37	Nothing keeps me awake at night. I guess I would say that I want her to do well on her MCAT and get into a good medical school. I sometimes worry - what if she doesn't get in. However, her older sister is in her 3rd year of medical school and so I'm sure her sister will be fine.	4/16/2021 10:28 AM
38	Nothing about my young adult keeps me awake at night.	4/16/2021 10:23 AM
39	That she'll start taking drugs. That she'll kill herself. That she'll get in a car accident. That she'll try so hard and be crushed again by her own anxiety.	4/16/2021 10:19 AM
40	I want her to be happy. I also worry she isn't making good financial decisions	4/16/2021 10:13 AM
41	That she'll never "get" and will never learn to adult	4/16/2021 10:11 AM
42	Getting mugged in NYC, getting arrested at protests	4/16/2021 10:03 AM
43	What can I be doing to help her become independent and am I doing something that is preventing her from becoming independent?	4/12/2021 12:19 PM
44	Nothing keeps me awake at night. I do worry about financial independence. Our daughter is in Graduate school and will graduate this spring deep in debt. I worry what the next few years will be like for her and if she will be able to sustain herself or if we will need to help her out...which we will.	4/6/2021 11:36 AM
45	His mental health issues and his inexperience which could cause him to be taken advantage of	4/6/2021 9:23 AM
46	Maintaining good mental health and staying connected with friends	4/3/2021 12:18 PM
47	1) I want him to be happy, surrounded by friends that care about him - truly care about him and will stand by his side 2) I am not certain he has established solid relationships offline. Most of his interactions with friends are online/games 3) I hope he finds a job/career he loves and thrives there. I worry a bit that he won't finish college due to COVID and its disruption of his college experience.	4/2/2021 11:45 PM
48	Independence	4/2/2021 10:46 PM
49	Nothing about my son keeps me awake at night.	4/2/2021 1:36 PM
50	That I may get a call he is dead Homeless or arrested	4/1/2021 5:22 PM
51	That he will live with us forever, an unhappy black cloud glowering in the corner. That I will	4/1/2021 2:51 PM

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	never have a nice adult relationship with him	
52	I worry about his overall mental health. He has a job and a girlfriend. He does not share any major concerns openly with me.	4/1/2021 10:11 AM
53	Her disfunctional relationships with men...her lack of ability to handle her depression...her choice to drink alcohol	4/1/2021 7:50 AM
54	Lack of significant friendships	3/31/2021 8:58 PM
55	That he is wasting his life, as time passes he is becoming more unemployable. He might commit suicide.	3/31/2021 7:56 PM
56	Her confidence	3/31/2021 6:55 PM
57	social media and those pressures; seeing them in relationships and some of the ups and downs with that	3/31/2021 6:45 PM
58	Legal barriers Not finishing higher ed Hard to talk the above with him	3/31/2021 6:15 PM
59	Socioemotional functioning and willingness to meet challenges without giving up easily	3/31/2021 6:15 PM
60	I worry that he will not ask for help when he struggles in school and will just give up like he did that last time. I worry that he will not persevere through classes he "does not like".	3/31/2021 4:42 PM
61	That his work ethic is insufficient	3/31/2021 1:46 PM
62	Not all that worried. They are doing very well. I suppose if their spouse died or either of them became chronically ill it would be tough, but I don't worry about that happening.	3/31/2021 1:42 PM
63	No big concerns	3/31/2021 12:45 PM
64	My biggest worry is him not becoming fully independent. We tell him we won't be around forever, so it's important he gets himself organized, doesn't procrastinate, etc.	3/31/2021 9:16 AM
65	Working more right now to focus on what I can do around me. Praying ! The Lord had and for Jacob and Judah..	3/30/2021 9:17 PM
66	Managing independent life.	3/30/2021 8:20 PM
67	He will make a decision(because he is young and inexperienced at life) that will cause him great setbacks or financial difficulty in life.	3/30/2021 5:33 PM
68	My biggest worry is that she won't experience having a loving relationship, as she identifies as being Asexual. I also worry that she will be judged for self-harm scars and that it could affect her life negatively. I also worry that she has suicidal thoughts/ideation.	3/30/2021 5:02 PM
69	I worry he may be depressed but won't seek help	3/30/2021 4:32 PM
70	She has increasing medical problems leading to a total disability.	3/30/2021 3:27 PM
71	He will end up homeless or in jail.	3/30/2021 3:23 PM
72	Return to substance abuse, Not being able to function as an adult	3/30/2021 3:10 PM
73	none	3/30/2021 2:50 PM
74	iGen has put gender on a continuum and sexual orientation on a continuum not for 4% of people but for seemingly everyone	3/30/2021 1:22 PM
75	their decisions/that they won't "make it"	3/30/2021 12:47 PM
76	Unresolved resentment about childhood parenting	3/30/2021 12:31 PM
77	That she will wind up being the sole financial support for her immediate family.	3/30/2021 12:30 PM
78	Her unsafe choices in drug and alcohol use as well as her frequent sexual partners.	3/30/2021 11:51 AM
79	turning him out and having him get worse and have a terrible life	3/30/2021 11:43 AM
80	Climate and economic chaos	3/30/2021 11:21 AM
81	That he lacks resilience to manage completing last two years of college, taking a full load and/or juggling with working.	3/30/2021 11:16 AM

Parents of Young Adults

82	impact of COVID, social unrest, etc. on her longer term outlook on the world and her ability to impact/not impact	3/30/2021 10:54 AM
83	She has no social life beyond friends at work. She is seriously overworked, sleep-deprived and I'm very concerned about her physical health.	3/30/2021 10:42 AM
84	Association with associates that are consumed by electronic media and video games.	3/30/2021 10:36 AM
85	Alcohol use; choice to not marry; spiritual issues. Stuff I shouldn't be worried about but when they make choices different than I would, it bothers me in my vulnerable moments.	3/30/2021 10:31 AM
86	See #23	3/30/2021 10:27 AM
87	Decision making regarding money.	3/30/2021 10:15 AM
88	First, that he's not happy and/or depressed and that's why he hasn't really fully engaged in his life. That he can't or isn't interested in making core friendships and seems totally uninterested in having a significant other. He just doesn't seem motivated or excited about anything and it makes me sad and worried.	3/30/2021 10:00 AM
89	Possible substance abuse/addiction. The low level of responsibility and accountability and lack of organizational skills.	3/30/2021 9:56 AM
90	When she is on deployment with the US Navy I worry for her safety. I feel disappointment that she may never be a mother herself.	3/30/2021 9:51 AM
91	That he won't be able to support himself---perhaps ever.	3/30/2021 9:48 AM
92	I worry about her being treated worse for being queer, about her struggles with mental health.	3/30/2021 9:34 AM
93	she lives in L.A. and sometimes I worry about crime or the epidemic but I am confident in my daughter's judgment.	3/30/2021 9:18 AM
94	His being independent and living on his own	3/30/2021 9:09 AM
95	Marijuana use may lead to dependency or involvement with other drugs.	3/30/2021 8:59 AM
96	I don't worry about him. He's an adult with a family of a wife and 3 children. It's his job to worry.	3/30/2021 8:57 AM
97	That he will self destruct or harm himself. That he is making choices that will prevent him from graduating high school or getting into college	3/30/2021 8:45 AM
98	I worry about what kind of work he can handle to support himself. I worry about his isolation from others and being alone too much.	3/30/2021 8:40 AM
99	That he will be stuck forever. Doing nothing.	3/30/2021 8:26 AM
100	That he won't be able to maintain an independent life due to poor choices	3/30/2021 8:21 AM
101	inability to be independent, will never be independent, also for her safety	3/30/2021 8:20 AM
102	His level of anxiety continues to be a concern for me. In addition, he lives alone and has been very isolated as a result of Covid.	3/30/2021 8:18 AM
103	None	3/30/2021 8:14 AM
104	None, really.	3/30/2021 7:46 AM
105	Getting on a career trajectory	3/30/2021 7:44 AM
106	Whether she is choosing the values in life that we feel are central and have tried to instill in her. Responsibility. Alcohol use. Dating. Hard work. Christian faith.	3/30/2021 7:21 AM
107	that his life situation will make it very hard for him to find another partner; that he will be lonely	3/30/2021 7:15 AM
108	His health and safety	3/30/2021 7:13 AM
109	he lives alone, unmarried, no kids. I worry he is lonely, especially since COVID started and he works from home	3/30/2021 7:08 AM
110	That he will commit suicide	3/30/2021 7:01 AM
111	I used to fear he'd never get it together. I conceived of the notion of a ten-year rehabilitation	3/30/2021 7:00 AM

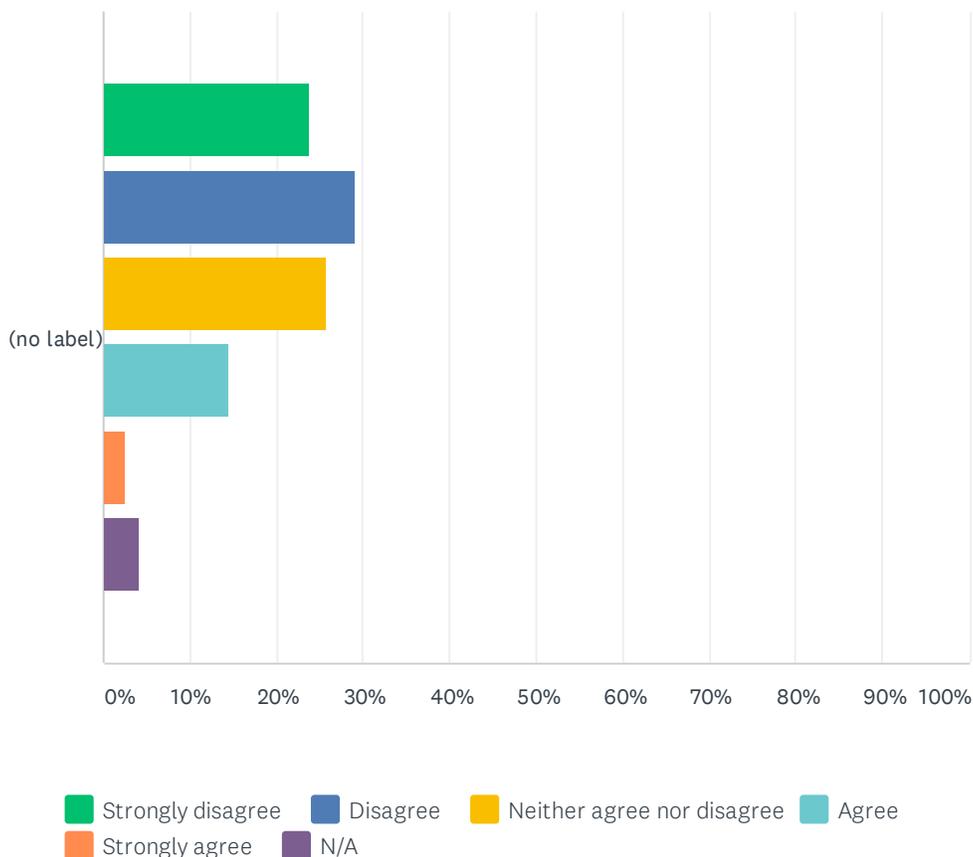
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program in which we would support him financially and give him an apartment, a car, and employment. Regular meals at the home over five years gradually changed from shit-fests to enjoyable encounters. He is much more able to manage his feelings, and so are we. So, my biggest fears were of a failed life, but now I see momentum and purpose. It's staggering to count the financial cost of this support, so I don't. We are fortunate in our \$ position.

112	I am not losing sleep with worry; I have great confidence in my son's ability to navigate life. My only worry is that he might have trouble marrying because his childhood was marred by emotional strife between his father and I.	3/30/2021 6:55 AM
113	Physical and emotional health	3/29/2021 6:07 PM

Q28 I believe my parenting approach has or is contributing to my young adult's lack of progress toward responsible independence?

Answered: 117 Skipped: 5



	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	23.93% 28	29.06% 34	25.64% 30	14.53% 17	2.56% 3	4.27% 5	117	2.40

#	OTHER (PLEASE SPECIFY)	DATE
1	I think that Em would benefit from more support than I can provide at times. I have three other children, a house a part- time job, marriage and my own self-care to consider.	4/16/2021 10:34 AM
2	Totally agree, but not sure how to change it. I quit giving her \$ for entertainment and she has a job. But now her grades are suffering.... hopefully it will balance out....	4/16/2021 10:19 AM
3	I don't think so, but am open to the idea that I have contributed in some way?	4/12/2021 12:19 PM
4	Not sure.	4/2/2021 11:45 PM
5	My ex controls this 100%	4/2/2021 10:46 PM
6	Mutual respect has allowed us to make excellent use of therapy	4/2/2021 1:36 PM
7	Maybe but other parents far worse!	4/1/2021 2:51 PM
8	sometimes	3/31/2021 6:45 PM
9	My husband's attitude passive	3/30/2021 9:17 PM

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10	The options are wrong; there are two "agree(s)"	3/30/2021 12:30 PM
11	Not sure. Have tried to role model healthy lifestyle choices.	3/30/2021 11:51 AM
12	There appears to be a typo in the selection options, I checked 'agree' in a selection option that appears to should have been 'disagree' which is my response, I disagree with this question.	3/30/2021 10:36 AM
13	N/A	3/30/2021 10:31 AM
14	I have always wanted my son to move out or pay rent, however, my husband not so much.	3/30/2021 10:15 AM
15	Not sure	3/30/2021 7:01 AM
16	Disagree	3/29/2021 6:07 PM

Q29 List or describe any ways your parenting has contributed to your young adult's lack of progress toward responsible independence.

Answered: 78 Skipped: 44

#	RESPONSES	DATE
1	Anger at his choices in life and then expecting me to bail him out.	4/27/2021 8:51 AM
2	Possibly not holding him more accountable during high school years...but we sure tried to set realistic boundaries and follow through.	4/24/2021 10:19 AM
3	N/A	4/23/2021 9:20 PM
4	i take care of too much for her.	4/23/2021 11:34 AM
5	He is my grandson and his parents have poor parenting skills	4/22/2021 8:48 PM
6	I don't know. I have clear about my boundaries and that he must pay rent even if it is well below average. He might do housework if asked but cannot seem to remember on a regular bases to compete them. I get tired of always asking for help and just give up.	4/22/2021 3:04 PM
7	Have not forced independence and "adult" problem solving skills	4/22/2021 2:43 PM
8	Did not spend enough time in relationship with my son as child	4/22/2021 12:43 PM
9	I've always done tons of things for her that she could have done for herself. I'm afraid of my daughter's volatile response so I walk on eggshells. I don't REALLY know whether or not boundaries and house rules I want to set are fair so I waffle. Also, my husband is a weak father and leaves the heavy lifting to me, which leaves us a divided front.	4/22/2021 12:07 PM
10	I believe my remarriage to my ex-husband cost her extra stress. And she was an infant she fell out of her carrier and hit her head and so I blame myself for that. I blame myself because I should've taken her father to court sooner so that he would not hurt her as much.	4/22/2021 11:19 AM
11	n/a	4/22/2021 9:55 AM
12	Perhaps I wasn't at home enough when he was a kid, and didn't pick up on cues about his drug use. Current parenting - I don't know what I'm doing that is so bad, but it's something. Why else would he treat me like this?	4/17/2021 1:07 PM
13	I wasn't firm enough when he was younger. Maybe too demanding.	4/17/2021 9:28 AM
14	None	4/17/2021 8:51 AM
15	It's difficult to know the line between having too high expectations and reasonable expectations	4/17/2021 12:14 AM
16	Guilt on my travel when he was young	4/16/2021 10:34 PM
17	I think I (we) have done well as parents	4/16/2021 6:55 PM
18	na	4/16/2021 5:04 PM
19	Have not given tough love.	4/16/2021 4:49 PM
20	Difficult to help her manage her emotions and money	4/16/2021 4:05 PM
21	Perhaps providing too much in his early 20s	4/16/2021 2:56 PM
22	Na	4/16/2021 1:51 PM
23	I've not been perfect - just like other parents. One always thinks of one's mistakes and mis-steps.	4/16/2021 12:07 PM
24	N/A	4/16/2021 10:57 AM

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25	n/a	4/16/2021 10:55 AM
26	N/A	4/16/2021 10:40 AM
27	See above. I think I have missed opportunities for connection. I have let her be when I felt I had exhausted all options and my energy for periods of time. I have checked out emotionally after stressful events such as suicide attempts and self-harm. I have struggled with how much to get involved with doctors appointments etc. which she resists but then sometimes will go months to years without participating...And since she's adult I can't schedule etc. without her participation.	4/16/2021 10:34 AM
28	No parenting issues - it's just the process she needs to go through to get to the next stage of her life.	4/16/2021 10:28 AM
29	My young adult is very independent.	4/16/2021 10:23 AM
30	I'm always there. I help her too much. I get her out of things that she should maybe have to just deal with... the most common is when I pick her up from school if she's having a horrible day. She'll be wandering the halls in tears and call me in tears and won't go back to class so I go pick her up.	4/16/2021 10:19 AM
31	I have talked with her about money and budgeting from a young age but let her be independent too quick I think	4/16/2021 10:13 AM
32	Not being tough enough	4/16/2021 10:11 AM
33	I can't think of anything other than supporting her, which could be either a help or a hindrance.	4/12/2021 12:19 PM
34	When he was diagnosed with ADHD, Anxiety etc. as a teen, I believe I tended to advocate for him too much and wish I would have pushed him to be his own advocate. Taught him more about independence instead of doing things for him. I gave him too many breaks and didn't push him hard enough.	4/6/2021 9:23 AM
35	Not sure. My older daughter says I "baby" him. And, he is my youngest so perhaps that is true. My oldest is 26 and she is on a different, quite planned out trajectory.	4/2/2021 11:45 PM
36	My background of being spoiled / only son / grew up around successful people / my parents with money	4/2/2021 10:46 PM
37	There are many things I would have done differently, esp in terms of understanding his personality. But he has demonstrated an appropriate degree of independence over the years--with the exception of past 3 yrs while in school, he has always lived on his own and financially supported himself.	4/2/2021 1:36 PM
38	Did not used to have any boundaries and would drop everything to rescue him	4/1/2021 5:22 PM
39	Too high expectations. I didn't realize how anxious he was as a child and didn't seek treatment. He is spoiled and entitled and the Oompa Loompas say that is the parents' fault.	4/1/2021 2:51 PM
40	We had a lot of conflict between the ages of 12 and 18. My husband and I could have handled this with more compassion.	4/1/2021 10:11 AM
41	I enabled her a few times by paying her accumulated debt and late apartment rent	4/1/2021 7:50 AM
42	Na	3/31/2021 8:58 PM
43	enabling	3/31/2021 7:56 PM
44	Confused about this	3/31/2021 6:15 PM
45	Stayed in emotionally abusive relationship despite being aware of negative impact on her, overparenting at times and making up for the upsetting behavior of my partner by being overly permissive and not holding higher expectations around daily household responsibilities.	3/31/2021 6:15 PM
46	I probably did a little too much "helicoptering" and not letting him fail earlier. I did hold him accountable and created supportive ways for him to work through struggles (e.g. setting up tutoring).	3/31/2021 4:42 PM
47	In efforts to support him, we probably did too much.	3/31/2021 1:46 PM
48	We've helped "too much" by doing things for him that he should be doing himself.	3/31/2021 9:16 AM

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49	Support	3/30/2021 9:17 PM
50	I have not been consistent in requiring her to do her own laundry, help with household chores. This is because she is often working at her part-time job or doing homework. But she does spend way too much time on her phone on social media, such as Tik Tok and Snapchat.	3/30/2021 5:02 PM
51	Unsure	3/30/2021 4:32 PM
52	helped her too much to solve problems leading to dependency	3/30/2021 3:27 PM
53	He is not financially or emotionally responsible.	3/30/2021 3:23 PM
54	Always giving her the benefit of doubt. Helping her out with financial needs.	3/30/2021 3:10 PM
55	I sacrificed too much and based too much of my identity on my parenting role	3/30/2021 1:22 PM
56	have helped them too much, perhaps, with things in the past	3/30/2021 12:47 PM
57	Did not hold her accountable when she started sliding in her school performance.	3/30/2021 12:31 PM
58	Picking up the pieces. Not allowing enough negative consequences when poor choices were made.	3/30/2021 11:51 AM
59	allowing him to live at him at home while being unemployed	3/30/2021 11:43 AM
60	I have continued to subsidize him financially.	3/30/2021 11:16 AM
61	I don't believe my parenting is currently contributing to independence.	3/30/2021 10:42 AM
62	My schedule with college, graduate school, licensing, career advancement, and Christian formation/ordination as well as occasional illegal substance use myself involving marijuana.	3/30/2021 10:36 AM
63	N/A She's very independent and extremely responsible.	3/30/2021 10:31 AM
64	We are her closest support system... AND the very emotional/physical safety she gets from living under our roof contributes to her lack of independent living.	3/30/2021 10:27 AM
65	Should have encouraged moving out much sooner, but didn't have support from my husband.	3/30/2021 10:15 AM
66	I've done too many logistics for him that has probably made him feel like he can't do these things on his own. At the same time I haven't walked him through stuff to show him how to do it on his own.	3/30/2021 10:00 AM
67	We could have been more positive, affirming, and nurturing to give him more confidence.	3/30/2021 9:56 AM
68	I believe my parenting has contributed to her confidence, autonomy, high goal setting, strong values for education equity for all, and desire to contribute and make a difference. She also has a very strong work ethic and financial independence.	3/30/2021 9:51 AM
69	Willingness to provide financial support---not requiring, or forcing him to work by continuing to give him financial help.	3/30/2021 9:48 AM
70	sometimes over protective but not really	3/30/2021 9:18 AM
71	My husband and I don't see things the same way. My husband won't enforce rules. Our son knows this and plays us against each other	3/30/2021 9:09 AM
72	In the past during his college years, we feel we should have intervened more strongly so he could have had more support or help earlier.	3/30/2021 8:40 AM
73	I do too much for him.	3/30/2021 8:26 AM
74	we enable her by supporting her and not insisting on making tough decisions	3/30/2021 8:20 AM
75	NA	3/30/2021 8:14 AM
76	She knows I'm sad that she is gradually moving toward total independence so that might make her feel guilty.	3/30/2021 7:21 AM
77	I failed to take into account the racial discrimination he faced in his life. Before we adopted him at six months, he had not had good experiences with caretakers. We were unable to help him to overcome deep confusions and fears about himself, in large part due to our own tone-deafness.	3/30/2021 7:00 AM

Q30 What have you tried to do to help your young adult move toward responsible independence THAT HAS WORKED? List all helpful actions.

Answered: 112 Skipped: 10

#	RESPONSES	DATE
1	Selecting schooling to meet his needs. He did not graduate but went back and obtained his GED. Laying a Spiritual foundation	4/27/2021 8:51 AM
2	Worked on communication issues with a therapist...until he refused to go back. We saw improvement, but when it started to be harder for him, he quit.	4/24/2021 10:19 AM
3	Check in Be a "cheerleader" Offer ideas/advice Ask for his ideas Affirm his efforts, even if the outcome is not ideal Discuss and affirm all areas of life, not just independence issues Engage in specific coaching on financial management Expect him to contribute to his own financial needs, along with our support- half and half Avoid comparing him to his siblings	4/23/2021 9:20 PM
4	not giving in to her anxiety and not doing things for her	4/23/2021 11:34 AM
5	Nothing has worked	4/22/2021 8:48 PM
6	Required him to be responsible for some of the bills, manage his own affairs (taxes, car, etc.), help with household chores.	4/22/2021 8:28 PM
7	Stopped doing a few things for him like washing his clothes and he will do his own laundry except bed sheets And those just don't even get done but I don't care. He sleeps in lower level so I don't have to see or smell. If I get mad about something threats work for him. I have said many times if he can't follow house rules then he can live somewhere else. He is too afraid not to and really does not want to move out on his own.	4/22/2021 3:04 PM
8	Look at a multi-year plan for the future. Evaluate financial requirements and lifestyle	4/22/2021 2:43 PM
9	Cheered Him on when he started working at a menial job, Encouraged him when he took on a harder job. We have prayed with him and given him to God.	4/22/2021 12:45 PM
10	Encouraged him to work with a financial advisor and to take personal financial management classes	4/22/2021 12:43 PM
11	Helped her follow up on starting community college. Insisted on chore a day. Allowed/encouraged making bedroom 'hers' decorating, furniture, etc. I listen more, advise less. Acknowledge, praise.	4/22/2021 12:07 PM
12	HELPED HER MOVE AWAY WITH FREINDS	4/22/2021 12:00 PM
13	I helped her find an apartment I moved her into her apartment and I helped her find her caseworker and her therapist. These have all been concrete wonderful examples of how I have helped her. I took her to the doctor and got her placed an inpatient psychiatric treatment when I felt it was really difficult for her. I helped pick up her medication and I drive her to get groceries because she doesn't drive right now. With my help we purchased a car and I have signed her up to take her exam. I drive around and we try to practice driving which is actually the worst experience of my life because she's very anxious which creates anxiety and me. We do not drive well together but we do our best.	4/22/2021 11:19 AM
14	Given him independence to make decisions, even if that means he may fail Shown him love no matter what to help build self-esteem Be open to hearing different opinion from him and keeping the lines of communication open	4/17/2021 1:32 PM
15	I truly don't know.	4/17/2021 1:07 PM
16	Offering to pay for additional education - ie law school or graduate school.	4/17/2021 9:28 AM
17	Having good communication	4/17/2021 8:51 AM
18	Emotional support. When she has a problem, I listen, then ask her what the next step is. Help	4/17/2021 12:14 AM

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	her prioritize tasks, but don't do things FOR her. Be available	
19	Loved him	4/16/2021 10:34 PM
20	Nurturing, consistency and encouragement.	4/16/2021 6:55 PM
21	Bank account; rewards for chores, good grades, positive reinforcement, unconditional positive regard and love	4/16/2021 5:04 PM
22	Validating her worth as a person, sending her to college, making her pay us back for her car	4/16/2021 4:05 PM
23	Goal setting Weekly check-ins	4/16/2021 2:56 PM
24	I've been clear about how I can and can't help. I've been clear about expectations when living at home (e.g,chores).	4/16/2021 2:46 PM
25	Makes his own decisions and has to manage the consequences	4/16/2021 1:51 PM
26	Made them Financially responsible in high school	4/16/2021 12:08 PM
27	Encourage them to find their own identity - even when ti is different from mine.	4/16/2021 12:07 PM
28	I don't know if this is made a difference, but once he got a counselor I tried to stop worrying, give him some space, stop trying to please my dad (his grandpa) about his status, and stopped asking questions or giving advice. He ended up applying to grad school for this fall, and got into a program that will suit him. All without help from us, beyond general positive responses.	4/16/2021 11:56 AM
29	Charging rent	4/16/2021 11:50 AM
30	Supported her in doing financially responsible things (e.g...cosigning first car loan)	4/16/2021 11:37 AM
31	Supported her desire to seek therapy for her continued development. Listened and empathized with the challenges of cancer, stepmother, and many other things. Encouraged her growth.	4/16/2021 11:15 AM
32	Occasionally I'll catch him when he's willing to listen and have helped him learn how to do laundry, how to open a checking account,... concrete, practical skills.	4/16/2021 10:57 AM
33	open communication, love, support, spending time together	4/16/2021 10:55 AM
34	I give my son what I have to give (ie advise, time to talk, a willing ear) and then back off. I have always supported every decision he has made once the decision is made.	4/16/2021 10:46 AM
35	Financial counseling	4/16/2021 10:40 AM
36	Talking directly about financial independence -- what we have seen work or not work as approaches of her peers	4/16/2021 10:40 AM
37	Lived in the moment (let go of past hurts) and shown acts of kindness in the midst of her lashing out. Not giving up over the long haul. Getting the balance right of backing off and offering help as needed.	4/16/2021 10:34 AM
38	I tell her to buy anything she needs to help study for her MCAT, to quit her part time judge to concentrate on her studies, to be physically active to keep her body and mind healthy, to not be too hard on herself.	4/16/2021 10:28 AM
39	From a young age encouraged saving money for college. Expected work for spending money or allowance. Taught problem solving skills. Worked through problems together. Had them financially invest in some of the desired activities.	4/16/2021 10:23 AM
40	EMPAHTY helps more than anything. I try to focus on how she's feeling when she has a problem. That's usually what she needs. I've also told her she has to figure something out on her own. I give her ideas, but make it clear SHE has to take the action. For example, make her pay the difference in car insurance cost when she doesn't get on the honor roll. Call her out on her justifying behavior when she's clearly at fault.	4/16/2021 10:19 AM
41	talking out budgets has helped some	4/16/2021 10:13 AM
42	Nothing	4/16/2021 10:11 AM
43	supported them. tired to let them make smaller independent decisions when they were younger so they can make mistakes in low stakes situations. Don't expect them to be clones of us.	4/16/2021 10:03 AM

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	Talked through their decisions. Unconditional love	
44	Connected her with a therapist who she sees regularly, helped her with managing her medical conditions	4/12/2021 12:19 PM
45	Mostly we haven't done anything to hold her back. Even as we have perhaps wanted a closer and more communicative relationship, we have supported her choices and direction. She is very independent and doesn't ask for much help or assistance. We'd like to experience more of her. She, however, is happy with a fair amount of distance. We don't challenge her on this and accept the relationship on her terms.	4/6/2021 11:36 AM
46	I try harder to take the "back seat" and let him approach me with things that he needs help on. Trying not to tell him what to do.	4/6/2021 9:23 AM
47	Open communication No topics off limits Demonstrated acceptance of differences Promoted talking about feelings from a very early age Had daily talk time through Middle school then more sporadic Supported involvement in activities and academics Made sure he had access to other adult role models	4/3/2021 12:18 PM
48	1) Ask him questions about the things he cares about, what makes him happy, what kinds of careers he can see himself in 2) Encourage him to stay focused at school and know that we really believe in him 3) When I stopped doing laundry, dishes, cleaning room etc FOR him. He understands the expectations of living at home and he (mostly) honors it. 4) Get to know the things he is interested in to build rapport with him and demonstrate how much I care about what he cares about.	4/2/2021 11:45 PM
49	Repeatedly asked him for help / to come over.	4/2/2021 10:46 PM
50	* Established mutual boundaries * Supported decisions regarding work, career and relationships * Have made it clear that I am always here to 'cover his back.' * Have given positive feedback about his decisions; refrain from saying anything about decisions I think were not the best on his part * Mutually established weekly time to hang out for dinner and a movie. Have been successful at it now for several months	4/2/2021 1:36 PM
51	None so far. We've tried everything. Prayer and constantly saying Jesus I give him to you, keep him safe, protect him from evil. Provide people of good character and kindness help him	4/1/2021 5:22 PM
52	None	4/1/2021 2:51 PM
53	We use reinforcing language and share how proud we are of him. He is amazing.	4/1/2021 10:11 AM
54	Emailed her a letter telling her I loved her and want the best for her	4/1/2021 7:50 AM
55	-Supporting his unique goals and interests -Letting him experience real-life natural consequences of his choices - Working through a Dave Ramsey Financial Peace course together to learn money management skills	3/31/2021 11:19 PM
56	Teaching money management, responsibility, work ethic	3/31/2021 8:58 PM
57	Conversations where he feels we are listening to him	3/31/2021 7:56 PM
58	Live a faithful life	3/31/2021 6:55 PM
59	listen and affirm rather than offer solutions right away... responses like wow, that's a lot to think about; or what are your thoughts on the next best step...	3/31/2021 6:45 PM
60	Confused about this	3/31/2021 6:15 PM
61	Rewarding proactive and responsible behavior with money or privilege, rewarding family engagement with verbal praise and positive attention, also with validation that this all may be difficult for her. Allowing her space to complete tasks and offering minimum feedback on school progress unless/until she asks for help or report card comes with lower grades. Recognizing accomplishments and hard work.	3/31/2021 6:15 PM
62	Say "no" and hold him accountable. Keep an open dialogue going which he has modestly responded to. work hard on my own language to not "tell him what to do" and encourage reflection on what is working and what is not. Stay as positive as I can and not let my doubts and fears dominate our relationship. Find something we can do together every day that is happy (i.e. like dinner or make chocolate chip cookies or a movie).	3/31/2021 4:42 PM
63	Coached him through challenges. Let him know we unconditionally love him.	3/31/2021 1:46 PM

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64	When in high school, my son participated in some personality and interest testing through an industrial psychologist. It helped him understand himself better and helped him set a direction. It also helped him finish college in 4 years even though he changed majors because he had an idea of what he wanted and confidence to pursue that idea. Strongly encouraged an "independent" study abroad (not with a bunch of other kids from the same college). This isolation and loneliness builds character, independence and understanding of others. When first out of college helped him strengthen skills with a low-paying internship. Provided room in the basement when first out of college for several months so he could get his feet on the ground.	3/31/2021 1:42 PM
65	Been a consultant but let him make his own decisions	3/31/2021 12:45 PM
66	Getting a Life Coach, teaching him life skills, helping him get organized. Discussing what is and isn't working.	3/31/2021 9:16 AM
67	Praying and letting God be Almighty, Redeemer	3/30/2021 9:17 PM
68	Encouraged to find employment.	3/30/2021 8:20 PM
69	Encouraged and helped him to add 10 a job at age 16, supported him getting a drivers license and provided him a car, helped him to navigate scouting colleges, applying for school and excepting a scholarship. Financially mentally and emotionally supporting his transition to college	3/30/2021 5:33 PM
70	She is 16 and high achieving. She has a part-time job and is a full-time PSEO student at the community college, so she is pretty independent for her age.	3/30/2021 5:02 PM
71	Got him to a psychiatric provider for meds	3/30/2021 4:32 PM
72	helped her negotiate to reduce bills	3/30/2021 3:27 PM
73	Not much, most things backfire.	3/30/2021 3:23 PM
74	Asking her to be more responsible.	3/30/2021 3:10 PM
75	Foster independent thought and quality decision making skills from young age.	3/30/2021 2:50 PM
76	To be determined...	3/30/2021 1:22 PM
77	made ourselves available as sounding boards/responded quickly when asked for help	3/30/2021 12:47 PM
78	Showed and communicated unconditional love and appreciation of her unique identity	3/30/2021 12:31 PM
79	We let her stay with her grandparents 200+ miles away at a very early age. We allowed and encouraged independent travel (school trips, study abroad, etc.) as early as available. We encouraged employment since she was 16. We supported advanced academic efforts when she sought them.	3/30/2021 12:30 PM
80	Setting limits and better boundaries. Taught budgeting skills. Modeled adequate household maintenance to include cleaning, and laundry.	3/30/2021 11:51 AM
81	nothing has worked	3/30/2021 11:43 AM
82	Emotional support, non-judgment, and modeling mature adulthood.	3/30/2021 11:21 AM
83	Set expectations well in advance. I will pay for this but not for that, etc. I can offer you housing while you finish college but cannot pay your tuition. Not sure if has worked TBH.	3/30/2021 11:16 AM
84	Discussion Goal Setting Limits Patience	3/30/2021 10:59 AM
85	have let her figure things out from an early age she attended summer camps, and traveled outside the country, both which showed her the world is larger than her school/friends/family	3/30/2021 10:54 AM
86	Listening Stopping myself from giving advice/opinions unless asked Trusting her instincts Being available to talk when she needs/wants to Encouragement, validation	3/30/2021 10:42 AM
87	Modeling and emotional support and acceptance.	3/30/2021 10:36 AM
88	Encouraged her in pursuing her dreams. When she was old enough to get a job, we stopped paying for any luxuries and most recreational costs. We strongly encouraged getting a job and even helped in the process. Required her to participate in paying for her education. Not rushed in to pay when she is having a financial challenge (although sometimes we choose to help	3/30/2021 10:31 AM

Parents of Young Adults

out). Continue to remind her how proud we are of her in her successes and support her in her "failures" (disappointments, challenges). Made it not TOO much fun to live at home by requiring communication, requiring participation in cleaning and generally not being super easy to be around! (hah)

89	Progress has been made on a number of fronts (but independent living is not yet realized) 1. She is plugged into a psychiatrist/psychologist/BPD coach support team. Mom & Dad are trying to be 'Mom & Dad' and not her therapists. 2. Multiple hospitalizations and treatment programs over the years have helped her build a more resilient baseline. 3. Regular 'budget talks.' Financial/budgeting discipline is better. She is responsible for all of her own bills. (But compulsive spending still a barrier.) She lives 'paycheck to paycheck.' 4. Family Connections; especially important to use validation skills.	3/30/2021 10:27 AM
90	It is possible for anyone to continue to learn, no matter what the age. I have tried to continue to teach, even if I'm not sure that it is working.	3/30/2021 10:15 AM
91	Talked about transition to college and the importance on meeting people. Walked him through how to do it and what to say and how he might feel. Asked him if he needs help doing x and if not barking off. Mainly trying to allow him to screw up knowing I'm here to help if he wants it and that I love him no matter what. Trying to show him mistakes are normal and it's how we learn (and can be pretty funny sometimes). Basically getting him a situation where the only person that can be responsible for him is him and letting him at it. College has really helped with that because we are too far away to help out. He's managing and I think he's feeling more confidence in himself.	3/30/2021 10:00 AM
92	Help him establish credit by backstopping his first loan but making him make payments. Make him pay a small amount for rent Communicate clearly expectations if not in school must work full time and pay rent. He took over his own cell phone bill.	3/30/2021 9:56 AM
93	I was a licensed parent educator for many years and practiced a parenting style that balanced nurture and structure. We read, traveled, volunteered, and played together during her growing up years.	3/30/2021 9:51 AM
94	Given him opportunities and suggestions to start a new career of his choice--	3/30/2021 9:48 AM
95	Let her make her own mistakes as long as they aren't dangerous, give her unconditional love, make her responsible for some household chores, don't helicopter parent but be appropriately involved.	3/30/2021 9:34 AM
96	being a child centered parent, raising her with the DBT model. I am a psychologist. Showing her Respect, empathy, fairness and being firm at times. always using positive punishment	3/30/2021 9:18 AM
97	Ask him to get his own groceries which he gets a few items....	3/30/2021 9:09 AM
98	Let him deal with the consequences of his choices	3/30/2021 8:57 AM
99	Get help from medical professionals, read books on it, get him and us counseling, work closely with school teachers and Dean, tried to focus on strengths, prayers	3/30/2021 8:45 AM
100	Listened-and sometime discussed-his thoughts/frustrations/future goals, encouraged him to do self care such as exercise, encouraged him to do activities such as his music and cooking-participated with him in these sometimes, assigned household chores	3/30/2021 8:40 AM
101	Sent him off to live away at college. But then he dropped out right away and never got a job as he promised.	3/30/2021 8:26 AM
102	A contract Biweekly meetings to review progress toward fulfilling the contract	3/30/2021 8:21 AM
103	found new doctors and therapists, in progress	3/30/2021 8:20 AM
104	Always provide him with any needed emotional support and financial support intermittently as needed.	3/30/2021 8:18 AM
105	Availability, honest communication, unconditional love, guidance and support when asked	3/30/2021 8:14 AM
106	Believed she was capable and competent, offered support from the sidelines, and didn't get in her way. Asked questions to show we cared but not to second guess her decisions.	3/30/2021 7:46 AM
107	Gave her a "budget" since 7th grade she has had to use to buy clothes etc. which made her make better financial decisions. Had her talk with teachers and staff to resolve problems at	3/30/2021 7:21 AM

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school. Allowed her to make decisions that aren't life changing but matter to her. (Hair color, college apartment location, summer job.)

108	encouraged him to use contacts outside family for help with career given advice when asked affirmed pride in him as a dad	3/30/2021 7:15 AM
109	Expressed my confidence in him	3/30/2021 7:13 AM
110	Patience & support. He has needed time, and then more time.	3/30/2021 7:00 AM
111	I am open and affirming, communicate my confidence in him, am available for problem solving brainstorming/sounding board, share knowledge, nonjudgmental about his mistakes/normalize mistakes as part of learning/evolving, freely express pride in his accomplishments even when he fails at a goal, encourage him to trust his own path and follow his heart.	3/30/2021 6:55 AM
112	Open discussion, setting boundaries, ensuring young adult has responsibilities in the home	3/29/2021 6:07 PM

Q31 How have you tried to help your young adult move toward responsible independence THAT HAS NOT WORKED?

Answered: 99 Skipped: 23

#	RESPONSES	DATE
1	Mental health therapy Treatment drug abuse Talking, family, friends	4/27/2021 8:51 AM
2	He always needs choices and the sense of being in control. Sometimes you just need to say this is how it is (in order to live together as a family). Have tried hard to help him learn responsibility.	4/24/2021 10:19 AM
3	Being over zealous with helping him find a job Insinuating that he isn't trying Reminding him that his chosen education is not very marketable	4/23/2021 9:20 PM
4	yelling at her	4/23/2021 11:34 AM
5	1.insisted that he be responsible for his area 2 asked him to join us for dinner 3. Driven him to school 4. Tutored him in school work 5. Cleaned up his living area	4/22/2021 8:48 PM
6	Providing ideas for better jobs.	4/22/2021 3:04 PM
7	Let her make her own financial decisions	4/22/2021 2:43 PM
8	Nagging, or trying to control things like asking if he took his meds.	4/22/2021 12:45 PM
9	Put paths in front of her face and 'suggest' action. Issue ultimatums. Criticize. Requested discussions. Pressure for specific plan.	4/22/2021 12:07 PM
10	Exasperating and yelling at her do not write work at all. Highlighting how she is insufficient does not work at all. Judging her negatively does not work at all. Talking to her when I am frustrated with her and angry does not work.	4/22/2021 11:19 AM
11	Trying to control him to do what I want. Shutting him down when talking if I disagreed	4/17/2021 1:32 PM
12	I taught him financial management - he's quite good at that. He does his laundry, cooks (though makes poor choices), cleans, etc. He mostly doesn't want any help, or at least thinks he doesn't.	4/17/2021 1:07 PM
13	Earlier in life, allowing him to accept less of himself. Due to a trauma the family experienced.	4/17/2021 9:28 AM
14	Giving too much money	4/17/2021 8:51 AM
15	Multiple reminders are seen as nagging. Letting my frustration with her behavior show stresses her and then we just go backwards.	4/17/2021 12:14 AM
16	He is there	4/16/2021 10:34 PM
17	Meddling when unasked	4/16/2021 6:55 PM
18	He has autism	4/16/2021 5:04 PM
19	Bailing out financially	4/16/2021 4:49 PM
20	Setting limits and consequences	4/16/2021 4:05 PM
21	Providing for living expenses	4/16/2021 2:56 PM
22	He is not very interested in talking to me in depth. I get one-word responses.	4/16/2021 2:46 PM
23	Advice	4/16/2021 1:51 PM
24	Being too strict	4/16/2021 12:08 PM
25	Telling them what to do.	4/16/2021 12:07 PM
26	Giving advice, worrying, paying too much attention.	4/16/2021 11:56 AM

Parents of Young Adults

27	Letting him live at home when he wasn't trying to find a job. Not making him work at college for funds from loans. Paying for places for him to live in college with no requirements for grades or performance.	4/16/2021 11:50 AM
28	Helping her get started with a cell phone. She stayed on our plan until age 35.	4/16/2021 11:37 AM
29	Tried to talk to him about personal safety, the risk of buying drugs, negative consequences of drug use, etc.	4/16/2021 10:57 AM
30	n/a	4/16/2021 10:55 AM
31	Very early on, while he was still in college, I was too imposing and that definitely didn't work!	4/16/2021 10:46 AM
32	N/A	4/16/2021 10:40 AM
33	At times...Setting things up and letting them take their course. Checking out when things were too hard. Not recognizing where she was at and what she needed...	4/16/2021 10:34 AM
34	Probably asking too much about her studying instead of just leaving her alone.	4/16/2021 10:28 AM
35	Not sure.	4/16/2021 10:23 AM
36	Pushing her with tasks and lists. Reminding her of overdue homework, etc. Getting TOO involved and detailed with where she's behind makes her overwhelmed and angry. She confides in me more if she has her feelings validated and understood.	4/16/2021 10:19 AM
37	giving her complete independence has not worked	4/16/2021 10:13 AM
38	Talking, therapy, me not following through with consequences	4/16/2021 10:11 AM
39	It has worked	4/16/2021 10:03 AM
40	Putting her responsibilities back on her now that she is an adult, and sometimes she puts them off (like tracking her medical bills, renewing her drivers license, etc.)	4/12/2021 12:19 PM
41	Years ago we created expectations and demands that she didn't want to abide by. It didn't work for us or her. We stopped doing this because it just created a bigger gap. We've learned to accept her where she is and we have a positive relationship.	4/6/2021 11:36 AM
42	Demands don't seem to work for him because when he is at a low point, nothing seems to matter for him and he just is stuck	4/6/2021 9:23 AM
43	Sometimes repeating concerns too much	4/3/2021 12:18 PM
44	1) Repeatedly ask him (nag him) about the same things 2) Not being clear about expectations (i.e clean up after himself, do specific chores, etc) 3) Not helping him as much as we could have to understand what careers might interest him. 4) Comparing him to other young people (his sister/friends)	4/2/2021 11:45 PM
45	Angry text msgs or voicemails	4/2/2021 10:46 PM
46	Not sure	4/2/2021 1:36 PM
47	Insisting he take meds Insisting he go to the hospital mental health ER Taking him to psychologists and psychiatrists Not paying for anything anymore	4/1/2021 5:22 PM
48	Told him he was loved and would be supported. Suggested jobs. Offered to temporarily help with rent if he got a job. Begged him.	4/1/2021 2:51 PM
49	I am still trying to figure out how to design my relationship with my son. I want to make this work for both of us but really want to partner with him in doing this.	4/1/2021 10:11 AM
50	She doesn't want my advice or suggestions for getting help with her depression	4/1/2021 7:50 AM
51	-Trying to force our choices on him	3/31/2021 11:19 PM
52	Strongly encouraged college education, paid tuition and not motivated to complete degree at present time.	3/31/2021 8:58 PM
53	Telling him what to do, how to do it, when we want something done. Showing him local available jobs or where to look for jobs	3/31/2021 7:56 PM

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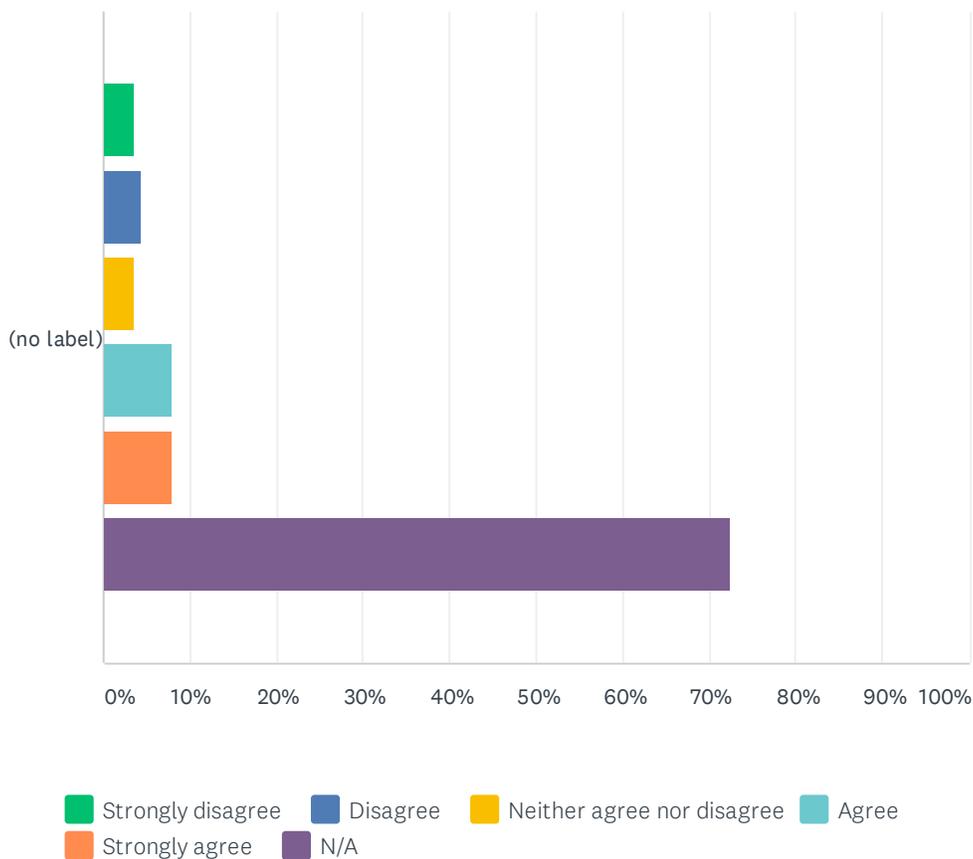
54	talking about how things were when I was their age!	3/31/2021 6:45 PM
55	Tried to encourage finishing education	3/31/2021 6:15 PM
56	Yelled, nagged, cried, guilt trip, lists of chores or responsibilities, daily schedule.	3/31/2021 6:15 PM
57	yes, let my emotions show too much, push a decision.	3/31/2021 4:42 PM
58	Consequences- since he was a toddler, giving consequences has not been effective at modifying his behavior. The same was true when teachers tried that approach at school. never worked.	3/31/2021 1:46 PM
59	Helping to get a summer job.	3/31/2021 1:42 PM
60	nothing	3/31/2021 12:45 PM
61	Judging his decisions that feel hurt his future. But it is also God working it all for his glory I pray and hope. Romans 12:12	3/30/2021 9:17 PM
62	Allowed independent decision making for future plans.	3/30/2021 8:20 PM
63	Telling him what I think you should do, offering unsolicited advice, trying to influence his friendships, how he spends his money Or his inability to save money	3/30/2021 5:33 PM
64	I have encouraged her to save 50% of her money from her part-time job for college but she has not done that. She saves a little but spends a lot of her money on food delivery.	3/30/2021 5:02 PM
65	Waiting for him to reach out	3/30/2021 4:32 PM
66	job coach	3/30/2021 3:27 PM
67	Plans, ultimatums, bribes, encouragement	3/30/2021 3:23 PM
68	na	3/30/2021 2:50 PM
69	Communication, resources, church, and self-disclosure have backfired	3/30/2021 1:22 PM
70	pushing him toward certain outcomes!	3/30/2021 12:47 PM
71	Criticizing her	3/30/2021 12:31 PM
72	Yes, trying to give solid advice and it has had the opposite effect. Financially assisting when the expenses are too much for their budget to afford like new tires, etc.	3/30/2021 11:51 AM
73	see above	3/30/2021 11:43 AM
74	Probably buying too many toys!	3/30/2021 11:21 AM
75	Same as above.	3/30/2021 11:16 AM
76	Gawking questions or giving my opinions when she's not open to this.	3/30/2021 10:42 AM
77	Lecturing and one occasion of physical intervention involving holding him/her against a wall for 5-6 seconds.	3/30/2021 10:36 AM
78	My mom used to say, about my relationship with my daughter, that I "need her to need me". I don't think I agree with that. Some may say I am too attached and still think of her in that motherly way. But I think it's within the range of normal, at least for this culture.	3/30/2021 10:31 AM
79	So far, nothing has worked(!)	3/30/2021 10:27 AM
80	Talking.	3/30/2021 10:15 AM
81	Two things: doing stuff for him and not taking the time to walk him through stuff so he can understand what it entails and how to manage it.	3/30/2021 10:00 AM
82	I'm still doing his laundry. Asking for a larger amount of rent. Nagged him about saving money (he doesn't save).	3/30/2021 9:56 AM
83	She has totally mastered responsible independence.	3/30/2021 9:51 AM
84	It is not helping to provide him with our continued financial help as he has not moved forward in 5 years toward financial independence.	3/30/2021 9:48 AM

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85	I wanted her to get a part time job but she adamantly refused.	3/30/2021 9:34 AM
86	being too authoritarian and angry	3/30/2021 9:18 AM
87	Set up a plan and made basic rules. Worked initially until he started smoking pot again	3/30/2021 9:09 AM
88	Confrontation.	3/30/2021 8:59 AM
89	His professional success is remarkable. He is happy with his wife, but I find her very hard to tolerate.	3/30/2021 8:57 AM
90	Yelling, making him feel bad about what his choices will lead to, trying to force him to do things, not being consistent with consequences, getting so frustrated we just didn't care.	3/30/2021 8:45 AM
91	Asking him several times to seek professional support or help, telling him to find a part time job (he works for a few months then stops)	3/30/2021 8:40 AM
92	Yes	3/30/2021 8:26 AM
93	sent her to a therapeutic boarding school, worked at the time, but she holds much resentment now	3/30/2021 8:20 AM
94	NA	3/30/2021 8:14 AM
95	Always giving advice. Trying to get her to do what I would have wanted in a given situation. Making her feel guilty.	3/30/2021 7:21 AM
96	Burdened him with my anxiety	3/30/2021 7:13 AM
97	Pushing, threatening, getting angry. The lesson I have learned/am still learning is to not excite conflicts.	3/30/2021 7:00 AM
98	Didn't see his soft signs that he was struggling and needed help	3/30/2021 6:55 AM
99	Nagging, being too involved,	3/29/2021 6:07 PM

Q32 If divorced or separated, difficulties collaborating with your ex partner have had an adverse impact on your young adult.

Answered: 112 Skipped: 10

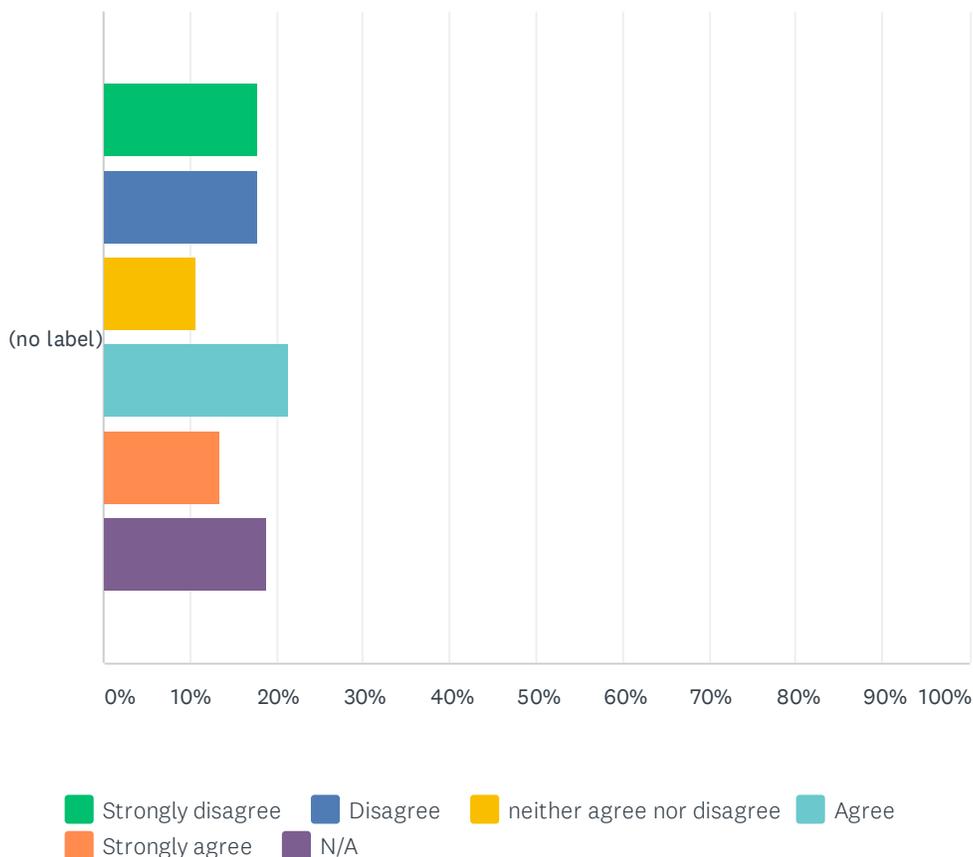


	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	3.57%	4.46%	3.57%	8.04%	8.04%	72.32%	112	3.45
	4	5	4	9	9	81		

#	OTHER (PLEASE SPECIFY)	DATE
1	We coparent well	4/16/2021 5:04 PM
2	stepmother's mental health is a challenge	4/16/2021 11:15 AM
3	Not sure. We separated when she was a baby but did move farther away, remarried and had children when she was 10 which seemed very positive for her at the time. But She definitely got less attention then she was used to as two additional siblings join the family...	4/16/2021 10:34 AM
4	We divorced very amicably. We mediated and figured everything out without a battle. After the initial year of adjusting to the new normal, the kids have come to understand why I did it. They've transitioned really well. It was traumatic though! I know it affected them. I feel guilty more than I should.	4/16/2021 10:19 AM
5	Widowed 12 years ago--effects of losing husband/father are always there, esp as he/family move thru different milestones	4/2/2021 1:36 PM
6	n/a	3/30/2021 7:15 AM

Q33 If married or with a partner, difficulties parenting our young adult have had an adverse effect on your marriage.

Answered: 112 Skipped: 10



	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	17.86%	17.86%	10.71%	21.43%	13.39%	18.75%	112	2.93
	20	20	12	24	15	21		

#	OTHER (PLEASE SPECIFY)	DATE
1	They did about 8 years ago. Now we are a team leading a group for parents of kids who struggle. We are enjoying our relationship and praying together.	4/22/2021 12:45 PM
2	With my current marriage, it was a long process to get to agreements on parenting. I was a single parent for a number of years, so things were well established in my parenting before I remarried.	4/16/2021 11:15 AM
3	restricted intimacy, anger at each other, depleting our finances	3/31/2021 7:56 PM
4	There were some rough spots, but his mom was great. High school kids can be a challenge!	3/31/2021 1:42 PM
5	Adds stress but we are on the same page	3/30/2021 3:23 PM
6	There appears to be another typo here, my response is 'disagree' but I had to check the 'agree' option in a selection that appears to be the 'disagree' selection.	3/30/2021 10:36 AM
7	Disagree	3/30/2021 10:31 AM
8	BPD has been proven to add stress to the health and relationship of the parents. Kind of like	3/30/2021 10:27 AM

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the frog in pot of water being brought to a boil (the frog won't get out of the water)...

9	We have certainly disagreed at times, but it has not had an adverse effect on our marriage.	3/30/2021 9:48 AM
10	I am a widower.	3/30/2021 8:57 AM
11	Sometimes agree	3/30/2021 8:40 AM
12	Above, you put agree in the place of disagree. I think the struggles have made the marriage stronger.	3/30/2021 7:00 AM

Q34 If married or partnered in parenting your young adult, how have you successfully handled differences in parenting style? Please describe.

Answered: 94 Skipped: 28

#	RESPONSES	DATE
1	Communication. Sharing feelings and concerns.	4/27/2021 8:51 AM
2	Try hard to talk openly about what is going on	4/24/2021 10:19 AM
3	we have very similar approaches to encouraging our son, see above	4/23/2021 9:20 PM
4	not married	4/23/2021 11:34 AM
5	There has always been only one parent involved.	4/22/2021 3:04 PM
6	Jointly came up with responsibilities and enforcement approach ourselves. Then shared with the Child..	4/22/2021 2:43 PM
7	Recognizing how difficult this parenting situation is helps us allow for differences Under stress somewhat. We handle differences by husband giving in to my views and approach mostly.	4/22/2021 12:07 PM
8	I took my ex-husband to court three times for his alcohol and drinking and I represented myself in court. Because of these interventions he had one year where he was sober. This was one of the happiest years of his parenting time with the children. Sadly last time I took him to court he killed himself with a overdose of alcohol and died in 2014.	4/22/2021 11:19 AM
9	My husband (biological father) doesn't interact as much, and doesn't take it quite as personally. I've asked for advice but he doesn't often give it.	4/17/2021 1:07 PM
10	I generally acquiesced to my spouse's wishes.	4/17/2021 9:28 AM
11	Respect and shared communication	4/17/2021 8:51 AM
12	Haven't.	4/17/2021 12:14 AM
13	I think we have put him first	4/16/2021 10:34 PM
14	Talked about them. Similar values so worked out differences.	4/16/2021 6:55 PM
15	na	4/16/2021 5:04 PM
16	NA	4/16/2021 4:49 PM
17	We attempt to back one another up, support each other when one of us gets discouraged	4/16/2021 4:05 PM
18	Open communication - team approach	4/16/2021 2:56 PM
19	Communication all the time	4/16/2021 1:51 PM
20	Discuss till we reach a compromise	4/16/2021 12:08 PM
21	Talk it out - work hard to be aware	4/16/2021 12:07 PM
22	We don't really have different styles. We do try to help each other remember what to do to help.	4/16/2021 11:56 AM
23	N/A	4/16/2021 11:50 AM
24	Flexibility and collaboration	4/16/2021 11:37 AM
25	Usually my approach won as I'm the biological parent and my spouse has no other children.	4/16/2021 11:15 AM
26	My husband is very gentle. We're open about differences in personality and parenting style, the reality that I'm the disciplinarian, and that my husband offers opinions that may moderate what I do, but the reality is that all discipline decisions are on me.	4/16/2021 10:57 AM

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27	communication with each other, feedback	4/16/2021 10:55 AM
28	We talked through our views and agreed that our son could well handle the different perspectives we sometimes offered him. Neither of us impose solutions or ideas on our son.	4/16/2021 10:46 AM
29	N/A	4/16/2021 10:40 AM
30	So tricky!! We get caught up in who has the right way versus compromise at times. Have at times had solo missions not well supported by the step parent in this case. Step parenting in general has been hard to figure out.	4/16/2021 10:34 AM
31	We try to talk them out. Listen to both sides and come to some type of agreement. I was the one who got good grades in school and my husband did not.....so I tend to win most of the education discrepancies.	4/16/2021 10:28 AM
32	we talk and decide on a path to guide her together	4/16/2021 10:13 AM
33	It not successful- had to separate from my husband	4/16/2021 10:11 AM
34	We've joked that I'm the counselor, my husband is the coach and we talk through the differences and encourage the kids to get perspective form both of us.	4/16/2021 10:03 AM
35	N/A	4/12/2021 12:19 PM
36	It has been a pretty active discussion at times. I think we both try to understand and support our daughter where she is. I think we both talk each other down from creating expectations. She is who she is and we don't try to force anything. This can be hard and disappointing at times, but it just doesn't work to push harder.	4/6/2021 11:36 AM
37	We communicate when major issues come up and celebrate the positives when things are going well.	4/6/2021 9:23 AM
38	1) Tried to be values-aligned 2) Tried to listen more than we talk "at" him 3) Tried to talk about our approach with each other before we talk to him to make sure we are on the same page.	4/2/2021 11:45 PM
39	N/A No interaction either way	4/2/2021 10:46 PM
40	Not very well.polar opposites. Neither worked well	4/1/2021 5:22 PM
41	Father ignores the young adult. Mother tries to talk to son but to no avail. Nothing changes except son has been angrier lately.	4/1/2021 2:51 PM
42	We talk and talk and talk. And hopefully we listen, listen and listen.	4/1/2021 10:11 AM
43	My daughter and so do things without him ...example golfing, vacations, visits to her apartment	4/1/2021 7:50 AM
44	-Trying to compromise with spouse and then present a unified front with the young adult	3/31/2021 11:19 PM
45	Talked it through together	3/31/2021 8:58 PM
46	Not Well, we try and talk about our differences	3/31/2021 7:56 PM
47	We talk	3/31/2021 6:55 PM
48	absolutely we disagree sometimes on the best approach -- one or the other of us will want to get involved; the other wants to hold back and wait for them to approach us	3/31/2021 6:45 PM
49	Tough to handle	3/31/2021 6:15 PM
50	We haven't been successful in this. Our opposing parenting styles have become more polarized which has led to increased familial distress and relationship problems.	3/31/2021 6:15 PM
51	Lots of conversations and compromises	3/31/2021 1:46 PM
52	We discussed some, but mostly I (the father) just backed off and followed her lead. I encouraged independent activities away from us (parents), like travel, sports.	3/31/2021 1:42 PM
53	Discuss and come to a common understanding and position	3/31/2021 12:45 PM
54	We try to talk through our differences. One of us is a lot more co-dependent than the other, so this has presented "challenges" between us, but talking about it has helped a lot.	3/31/2021 9:16 AM

Parents of Young Adults

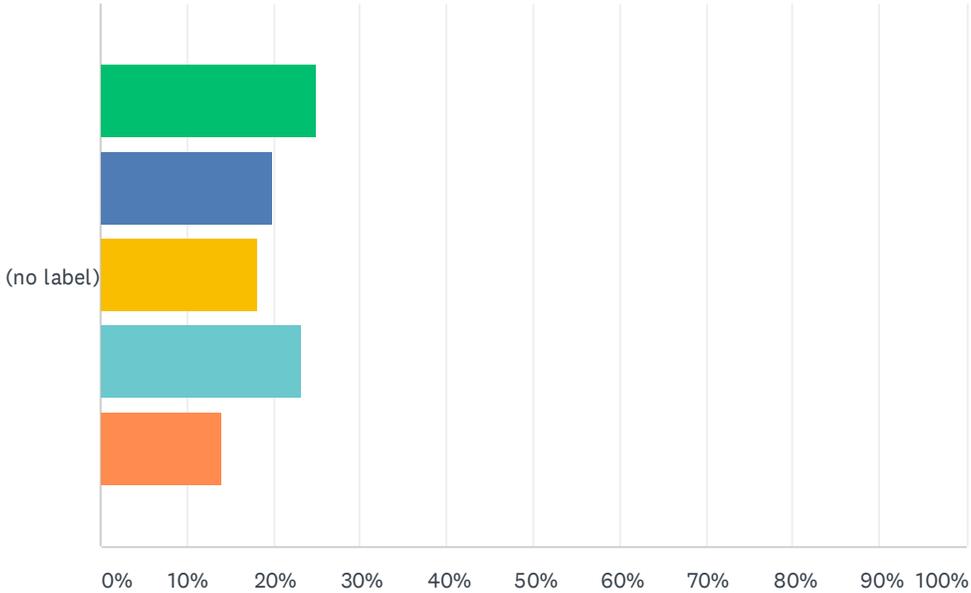
55	Pray and hope for them to see how selfish attitudes break the spirit and the seeking of numbing out can end your life and spirit to receive mercy and mature	3/30/2021 9:17 PM
56	Lots of discussions and avoid blaming.	3/30/2021 8:20 PM
57	We did not do this well. Having my child and my husband seek therapy services for their issues has helped our parenting and our marriage	3/30/2021 5:33 PM
58	My daughter is very intelligent, but I think my husband has put too much pressure on her. He expects her meet her potential, but she tends to be perfectionist and is hard on herself. I have tried to encourage her to just do her best, that we don't require perfection. I have recently found her a therapist, even though my husband did not agree with that decision.	3/30/2021 5:02 PM
59	X	3/30/2021 4:32 PM
60	NA	3/30/2021 3:23 PM
61	Open discussion and compromise	3/30/2021 2:50 PM
62	Division of labor	3/30/2021 1:22 PM
63	talk about them	3/30/2021 12:47 PM
64	Discuss these	3/30/2021 12:31 PM
65	There were arguments. We did finally agree that consequences should not be applied that were not understood ahead of time.	3/30/2021 12:30 PM
66	When we discuss the issues in private and my husband doesn't give in and undermine the situation.	3/30/2021 11:51 AM
67	NA	3/30/2021 11:43 AM
68	Negotiation or letting go and just let the child see the differences and not make it a big deal.	3/30/2021 11:21 AM
69	Discussion	3/30/2021 10:59 AM
70	Clearly identified the roles we each play for the child and respect those	3/30/2021 10:54 AM
71	We talk about it.	3/30/2021 10:42 AM
72	Deferred to spouse's decision to reduce conflict.	3/30/2021 10:36 AM
73	We balance each other out, sometimes by literally taking turns. Talking things through helps us keep balance. I'm good at alerting my spouse to issues, and he's good at putting things into perspective and reassuring me.	3/30/2021 10:31 AM
74	We use the Family Connection skills to the best of our ability. We communicate well. We try to respect/support the emotional state of the other. For the most part, we have avoided 'splitting.'	3/30/2021 10:27 AM
75	Finally, my husband has agreed that it is time for him to move out.	3/30/2021 10:15 AM
76	Mainly I do the parenting and he steps in when he's annoyed.	3/30/2021 10:00 AM
77	Counseling and communication.	3/30/2021 9:56 AM
78	Discussion and taking turns with various parenting experiences.	3/30/2021 9:51 AM
79	Our parenting styles are very similar, but when we disagree it seems it's because one of us isn't as "strong" at that particular time--one may be more concerned about his well-being and not as frustrated at the moment. So at times we flux back and forth between those two responses to the situation.	3/30/2021 9:48 AM
80	divorce	3/30/2021 9:18 AM
81	Tried to talk with him and come up with a plan.....	3/30/2021 9:09 AM
82	We have tried very hard to achieve a unified position. We are not always successful in this and it had lead to conflict between us, but we recognize the importance and strive for it.	3/30/2021 8:59 AM
83	Counseling helps, we also try to acknowledge our differences and work together to come to agreement on what to do	3/30/2021 8:45 AM

Parents of Young Adults

84	We take turns talking with our son sometimes rather than us both being in the room.	3/30/2021 8:40 AM
85	N/A	3/30/2021 8:26 AM
86	Lots of talking during long walks	3/30/2021 8:21 AM
87	yes, patience and listening	3/30/2021 8:20 AM
88	Talking together about needs and our approach	3/30/2021 8:14 AM
89	Wasn't an issue	3/30/2021 7:46 AM
90	Taking about our thoughts away from the kids to have united front. Allowing the parent with the best attitude about situation to deal with it.	3/30/2021 7:21 AM
91	talking about it using all of our fair-fighting skills helped somewhat - not amazingly successful	3/30/2021 7:15 AM
92	Widowed	3/30/2021 7:13 AM
93	We bicker and shout, we don't back down until one of us sees the light.	3/30/2021 7:00 AM
94	Not well. I was very hands on he was more aloof	3/29/2021 6:07 PM

Q35 COVID-19 has had an adverse impact on my letting go and launching my young adult?

Answered: 121 Skipped: 1



Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
(no label)	24.79% 30	19.83% 24	18.18% 22	23.14% 28	14.05% 17	121	2.82

Q36 If COVID-19 has had an adverse impact on launching your young adult, please list all the ways.

Answered: 79 Skipped: 43

#	RESPONSES	DATE
1	N/A	4/27/2021 8:51 AM
2	We are always here in this house. He has not had a lot of positive interaction with peers.	4/24/2021 10:19 AM
3	N/A	4/23/2021 9:20 PM
4	I've done more for her instead of encouraging her to do for herself. her loneliness and anxiety from social distancing is making it harder for her to gain independence	4/23/2021 11:34 AM
5	1. He attended school regularly 2. He would be more involved with his life	4/22/2021 8:48 PM
6	He lived out of state for 4 years, came home and stayed in part because of the pandemic. I'm glad I was able to see him throughout the pandemic.	4/22/2021 8:28 PM
7	Easy excuse.	4/22/2021 3:04 PM
8	Limited time to see and visit him. He infrequently responds to phone calls and FaceTime requests	4/22/2021 12:43 PM
9	Did not	4/22/2021 11:19 AM
10	It's cut off his social life, especially because he lives for live music and live sports.	4/17/2021 1:07 PM
11	It didn't.	4/17/2021 9:28 AM
12	Unemployment	4/17/2021 8:51 AM
13	Social network for my child is severely damaged.	4/17/2021 12:14 AM
14	Restrictions and lib tart messages	4/16/2021 10:34 PM
15	na	4/16/2021 5:04 PM
16	NA	4/16/2021 4:49 PM
17	Not wanting to go out - fear of COVID	4/16/2021 2:56 PM
18	Financially, wanting to be medically safe and not have life-long health consequences. Limited social opportunities.	4/16/2021 2:46 PM
19	He cannot find work	4/16/2021 1:51 PM
20	Hard to see them struggle with this, and have disappointments - like a senior year in isolation.	4/16/2021 12:07 PM
21	It's discouraging to try to make plans.	4/16/2021 11:56 AM
22	N/A. We've had way too much family time thanks to COVID. Our son is ready to go to college and I think it will be 3/4 months before we miss each other.	4/16/2021 10:57 AM
23	not a very conducive environment for entering adulthood (restrictions, social isolation, returning home, etc.)	4/16/2021 10:55 AM
24	Not Applicable	4/16/2021 10:46 AM
25	N/A	4/16/2021 10:40 AM
26	Somewhat mixed here. Living at home while doing school has helped provide more structure, so college is going better. More opportunity for conversations about independence.	4/16/2021 10:40 AM
27	More isolation for someone who spends 99% of time at home and mostly in bed anyway.	4/16/2021 10:34 AM

Parents of Young Adults

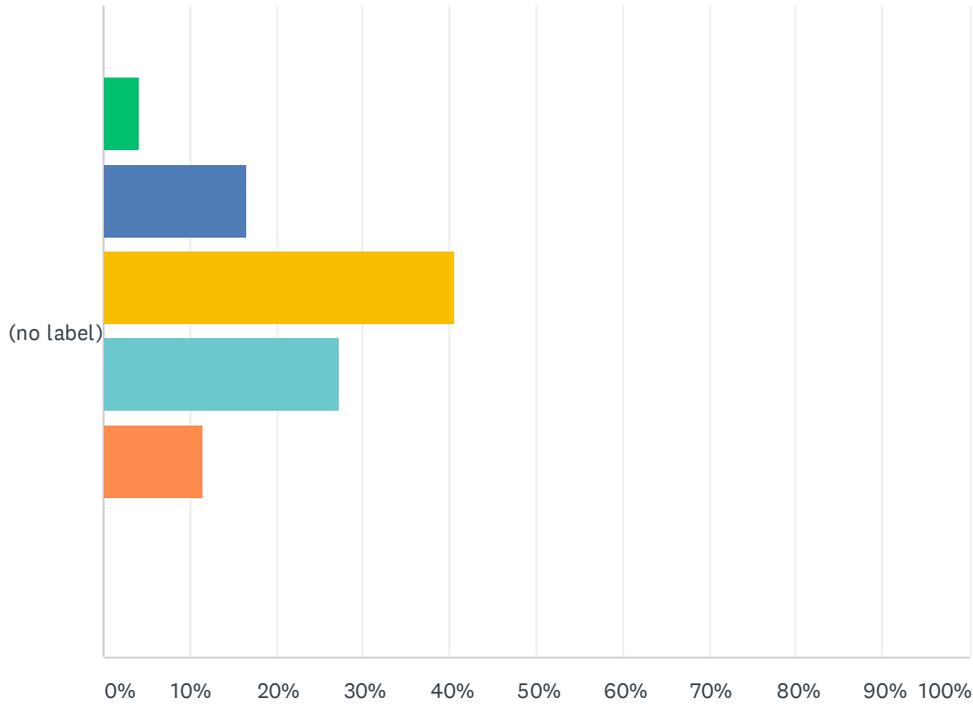
28	no	4/16/2021 10:28 AM
29	My young adult moved back home for 8 months because of Covid to save rent money during online college classes.	4/16/2021 10:23 AM
30	I haven't seen her as much as I would like to - unable to physically check in	4/16/2021 10:13 AM
31	Isolation, college paused,	4/16/2021 10:11 AM
32	I think we would be in the same situation had the pandemic never happened.	4/12/2021 12:19 PM
33	If anything, Covid has brought us a bit closer (in terms of shared spaces). She is in graduate school and living in a different city. Because of Covid, she was home more and taking classes online etc. The hard part for us was not slipping into old routines (e.g. dinner times, etc.) and just letting her live her independent life while being home.	4/6/2021 11:36 AM
34	n/a	4/6/2021 9:23 AM
35	1) He hates "virtual" classes so is thinking of quitting college 2) He is living in an on-campus apartment but had to move out March 2020-Sept. 2020. He lost serious ground in his schooling 3) Emotionally I think he is lonely. COVID has prevented him from getting together with friends so he spends even more time online.	4/2/2021 11:45 PM
36	Working out. Depression. Alcoholism.	4/2/2021 10:46 PM
37	COVID's influence was economic in the case of my son. He could not afford to live outside of home and pay for school. He's already been launched but the economic circumstances forced him to rt home	4/2/2021 1:36 PM
38	More isolation and fear of going to hospital or therapy for help	4/1/2021 5:22 PM
39	I am letting go! But the stimulus checks allow him to pay for gas, etc.	4/1/2021 2:51 PM
40	My son got COVID and I admit my worrying and concern escalated. I wonder if he is telling me his whole truth.	4/1/2021 10:11 AM
41	She has not been able to come to my home....we have had to social distance when we have gotten together	4/1/2021 7:50 AM
42	Na	3/31/2021 8:58 PM
43	As being retired, we have to spend more time being around him. Covid-19 has put us in a fish bowl	3/31/2021 7:56 PM
44	seeing young adults experience the stress and loneliness, disconnection that comes from this covid life...	3/31/2021 6:45 PM
45	Life is not a race	3/31/2021 6:15 PM
46	Not feeling like my daughter is getting the social learning necessary to feel confident and successful in life going forward, put off things such as driver training due to covid, school is markedly different and she may be unprepared for next school year or future higher education	3/31/2021 6:15 PM
47	It forced remote learning at home. Home was not a focused place to study and provided too many distractions. The online forum was lax and did not hold him accountable. The online forum provided a medium that allowed him to "hide" and not be seen.	3/31/2021 4:42 PM
48	online learning was particularly difficult for our son.	3/31/2021 1:46 PM
49	Increased anxiety. Sense of hopelessness.	3/30/2021 8:20 PM
50	My daughter started PSEO (post-secondary education option) during the lockdown. All of her college classes are online, either synchronous or asynchronous. She would done better at "launching" if she could have attended the college classes in-person at the college. But she also started a part-time job during the pandemic, so that was a positive way that she become more independent, earning her own spending money, and working in the community, helping people by doing Instacart, picking people's grocery orders, so they can stay socially distanced.	3/30/2021 5:02 PM
51	Increased isolation	3/30/2021 4:32 PM
52	Isolation, lack of jobs, everything online, which is a positive and negative	3/30/2021 3:23 PM

Parents of Young Adults

53	N/A	3/30/2021 3:10 PM
54	NA	3/30/2021 1:22 PM
55	n/a	3/30/2021 12:47 PM
56	Not being able to be physically present with young adult.	3/30/2021 12:31 PM
57	N/A	3/30/2021 11:51 AM
58	allowed to stay home longer	3/30/2021 11:43 AM
59	Taking longer for them to find employment that pays well.	3/30/2021 11:21 AM
60	Harder to insist he has a job since most jobs involve direct customer contact, and thus more risk.	3/30/2021 11:16 AM
61	Put a "pause" on plans to move out. Financial worries re: job	3/30/2021 10:59 AM
62	hard to watch her struggle with her college experience not being what it was supposed to be like.	3/30/2021 10:54 AM
63	N/A	3/30/2021 10:42 AM
64	Less ability to be physically present to discuss issues and offer direct physical support as this is helpful to our young adult.	3/30/2021 10:36 AM
65	We launched him regardless but it's added extra worry for me. We discussed masking and distance etc and just hoped he didn't do anything stupid. His roommate got covid on the first day of classes and went home for the rest of the year and my son had to quarantine for two weeks which I think made him weary of interacting too much. It was a big mess but he got through it and I think he gained some confidence and perspective.	3/30/2021 10:00 AM
66	I don't know that things would be different.	3/30/2021 9:56 AM
67	Financially And worrying that his is alone with few to discuss his issues. He doesn't want to discuss with his friends, I know.	3/30/2021 9:48 AM
68	Just fear of something bad happening, I have a little part of me that just wants to hug her and never let her go.	3/30/2021 9:34 AM
69	none I am fortunate that I can help her financially	3/30/2021 9:18 AM
70	NA	3/30/2021 9:09 AM
71	We were discussing having our son move out and perhaps get an apartment with some friends prior to the pandemic, but the current situation put that on hold.	3/30/2021 8:59 AM
72	Increased symptoms of mental health issues, made getting help harder, fewer outlets for us and him to deal with frustrations, too much togetherness and home schooling	3/30/2021 8:45 AM
73	He is very stressed about this entire disease and impact. He won't wear a mask.	3/30/2021 8:40 AM
74	Fear of death	3/30/2021 8:26 AM
75	Job opportunities for my son have been sparse	3/30/2021 8:21 AM
76	further isolation	3/30/2021 8:20 AM
77	NA	3/30/2021 8:14 AM
78	I have been a financial safety net after his jobs ended because of COVID, to prevent hardship	3/30/2021 6:55 AM
79	NA	3/29/2021 6:07 PM

Q37 My relationship with my young adult has become closer and stronger since the pandemic.

Answered: 121 Skipped: 1



■ Strongly disagree
 ■ Disagree
 ■ neither agree nor disagree
 ■ Agree
■ Strongly agree
 ■ N/A

	STRONGLY DISAGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	N/A	TOTAL	WEIGHTED AVERAGE
(no label)	4.13%	16.53%	40.50%	27.27%	11.57%	0.00%	121	3.26
	5	20	49	33	14	0		

#	OTHER (PLEASE SPECIFY)	DATE
1		4/16/2021 10:19 AM
2	We've always been close. He is an amazing young man. I am eternally proud of him.	4/2/2021 11:45 PM
3	By default, we see each other more often meaning more opportunities for interaction that serve as points for positivity in the relationship	4/2/2021 1:36 PM
4	He and his wife are half way across the country. I have enjoyed having a reason to avoid visits.	3/30/2021 8:57 AM

Q38 If your relationship with your young adult has become closer and stronger since the pandemic, please indicate the reasons for this.

Answered: 70 Skipped: 52

#	RESPONSES	DATE
1	N/A	4/27/2021 8:51 AM
2	It was better at times—but difficult in2021	4/24/2021 10:19 AM
3	N/A	4/23/2021 9:20 PM
4	We are together all the time and forced to deal with issues	4/23/2021 11:34 AM
5	He has continued to mature. We have spent more time together.	4/22/2021 8:28 PM
6	NA	4/22/2021 3:04 PM
7	More time together without other individuals in the mix.	4/22/2021 2:43 PM
8	Does not apply	4/22/2021 11:19 AM
9	Forced time together. Few options for him to be with friends	4/17/2021 1:32 PM
10	Both sides were lonely isolated.	4/17/2021 9:28 AM
11	Love and communication	4/17/2021 8:51 AM
12	More reliance on me for social interactions, because friends often don't follow masking and isolation rules	4/17/2021 12:14 AM
13	Not closer same and good	4/16/2021 10:34 PM
14	More time together	4/16/2021 5:04 PM
15	NA	4/16/2021 4:49 PM
16	She has been able to emotionally take in that we will always be here for her	4/16/2021 4:05 PM
17	Work together on menus, cooking, home repairs, talking	4/16/2021 2:56 PM
18	N/a	4/16/2021 1:51 PM
19	sharing the struggle	4/16/2021 12:07 PM
20	Mostly due to our coming to grips with who he is. Not being able to get together has helped maintain separation.	4/16/2021 11:56 AM
21	My young adult and her partner are our bubble - so we have had a lot more time together than would have been the case without the pandemic. A great outcome from this is we know her partner much better than without the bubble factor.	4/16/2021 11:15 AM
22	N/A	4/16/2021 10:57 AM
23	n/a	4/16/2021 10:55 AM
24	The range of things we talk about has changed to include more of the daily challenges and fears that the pandemic has engendered.	4/16/2021 10:46 AM
25	Talk more often	4/16/2021 10:40 AM
26	We are all under the same roof - we have more time for meals and to communicate with each other.	4/16/2021 10:28 AM
27	My young adult lives at home for 8 months and we had some local trips together for hiking and activities. Talked daily.	4/16/2021 10:23 AM

Parents of Young Adults

28	She was physically home more often. Just TIME with each other has helped to be more tuned in with her.	4/16/2021 10:19 AM
29	Ugh	4/16/2021 10:11 AM
30	N/A	4/12/2021 12:19 PM
31	We have had more time at home to spend together as a family	4/6/2021 9:23 AM
32	n/a	4/2/2021 11:45 PM
33	No idea. He has a girlfriend and they come over and I take them out to dinner / he loves the pinball machine	4/2/2021 10:46 PM
34	Physical proximity; admitting to things that need change between us and then changing them; mutual respect and understanding that we both contribute to conflict when it occurs	4/2/2021 1:36 PM
35	Na	4/1/2021 5:22 PM
36	NA	4/1/2021 7:50 AM
37	Na	3/31/2021 8:58 PM
38	N/A	3/31/2021 7:56 PM
39	absolutely more time together... smaller gatherings with just our nuclear family have been a blessing	3/31/2021 6:45 PM
40	Not applicable	3/31/2021 6:15 PM
41	More time together, more opportunity to bond over/share this unusual experience of pandemic	3/31/2021 6:15 PM
42	We have learned to hug more, forgive and give space for conversations in a honest, respectful way.	3/31/2021 4:42 PM
43	We have had to spend more time together and work together to accomplish school work particularly	3/31/2021 1:46 PM
44	Trust and seeing God's hand protecting us all. No vaccine	3/30/2021 9:17 PM
45	That is one thing positive about the pandemic, we have been home together more, have had time to talk, play games, or watch Netflix shows together.	3/30/2021 5:02 PM
46	X	3/30/2021 4:32 PM
47	He is not doing as well mentally as a year ago, but he does not see this.	3/30/2021 3:23 PM
48	Joined in the family to freely participate for several months	3/30/2021 1:22 PM
49	he moved back in with us!	3/30/2021 12:47 PM
50	She and spouse moved in with us for about six months when they questioned the wisdom of signing a year long lease during such an unstable time employment wise. Now they live closer and we see them about weekly.	3/30/2021 12:30 PM
51	N/A	3/30/2021 11:51 AM
52	NA	3/30/2021 11:43 AM
53	More time together	3/30/2021 11:21 AM
54	We are a two person bubble! Nice to have someone to be facet to face with!!	3/30/2021 11:16 AM
55	She's been extremely careful with precautions, especially to protect us as parents.	3/30/2021 10:42 AM
56	The less serious issues have become less of a problem along emotional maturation of our young adult and his/her desire to assume more personal independence.	3/30/2021 10:36 AM
57	We've done zoom dinners and miss each other and really treasure and look forward to time together. She lives far away.	3/30/2021 10:31 AM
58	NA	3/30/2021 9:56 AM
59	Treasuring time we could be together even more that before the pandemic. Appreciating her	3/30/2021 9:51 AM

Parents of Young Adults

	even more.	
60	Calls us more frequently during this time Probably in need of more emotional support at times	3/30/2021 9:48 AM
61	we'll we love one another she just got engaged and I love her fiancée	3/30/2021 9:18 AM
62	NA	3/30/2021 9:09 AM
63	We are together daily.	3/30/2021 8:40 AM
64	We spent more time together.	3/30/2021 8:26 AM
65	We've always had a strong relationship. The pandemic offered more family time last spring.	3/30/2021 8:14 AM
66	Did have some fun family times during the initial shut down.	3/30/2021 7:21 AM
67	more contact	3/30/2021 7:08 AM
68	He is getting mellower and is evolving, developing his own interests and pursuits.	3/30/2021 7:00 AM
69	Being a safety net in a crisis strengthened his awareness that I have his back and am here for him. He is an independent adult and does not ask for money and has shown a lot of appreciation for me through this.	3/30/2021 6:55 AM
70	More time together so communication has increased and is more clear than it was previously	3/29/2021 6:07 PM

Q39 What's the best advice you can give to other parents to help them successfully launch their adult children? List all suggestions.

Answered: 104 Skipped: 18

#	RESPONSES	DATE
1	Be consistent Non-judgemental Let go of how you think their lives "should" be. Let them know you love them	4/27/2021 8:51 AM
2	.?	4/24/2021 10:19 AM
3	see above Develop your own interests Take care of yourself Your child's lot in life does not need to be a reflection on you - nor is your child responsible for your happiness. Pray for your child and affirm their God-given talents and attributes.	4/23/2021 9:20 PM
4	Stand back and let them shine. Don't let her avoid situations due to fear. instead let her know she is strong enough to do it and push	4/23/2021 11:34 AM
5	Build your own life. Fortify your own support system. Limit the amount of time and energy you expend talking about your adult child and their problems. If the child has a serious mental health issue or substance abuse issue, find a support group for yourself (Al-Anon, NAMI family group). Try to disengage from conversations about your failings as a parent (if this is the default excuse for the adult child's lack of progress). If you get 47 accusatory texts in the middle of the night, delete them. (This is based on friends' experiences.)	4/22/2021 8:28 PM
6	The adult needs to be ready to let them go.	4/22/2021 2:43 PM
7	Take you class on Letting go in Love, find a support group if your child struggles with mental health or addiction. Nami has a wonderful family to family course that is very helpful. Most importantly work on yourself and cry out to God.	4/22/2021 12:45 PM
8	Participate in as much face to face communication with child to build relationship and trust with child	4/22/2021 12:43 PM
9	Get clear yourself on what works or doesn't work for you. Assert your needs as good self care. Child will view you as string and someone they can respect.	4/22/2021 12:07 PM
10	You need to forgive yourself for any mistakes you have made as a parent. You need to recognize that no parent is perfect and they would all do our best job. We need to say I forgive myself. Secondly you need to ask for forgiveness two children for the air and she was harm them. They may bring it up again and they have a right to and they have a right to have strong feelings about this. Your job is to listen and to validate not to judge them.	4/22/2021 11:19 AM
11	Listen, be open to supporting their differences, love them unconditionally, give the responsibility in the house, have expectations that they will contribute if they are still at home	4/17/2021 1:32 PM
12	Don't just tell them what to do. Do it with them. Hold their hand, but do it with them.	4/17/2021 9:28 AM
13	Be respectful empathetic fair and firm	4/17/2021 8:51 AM
14	Be supportive, non-judgemental. Don't do things for them. Let them make the calls and do the research. Assist when asked but keep assistance limited to listening. Give feedback reinforcing positive behavior. Tell them you're proud of their efforts.	4/17/2021 12:14 AM
15	I think that is individual, however Stick and never let go	4/16/2021 10:34 PM
16	Hugs and structure recipe when young. Teach skills and encourage conversation. Greater expectations and responsibility with age, maker them earn their own money, then let go.	4/16/2021 6:55 PM
17	Listen. Love unconditionally. Model responsible behavior. Create a safe environment	4/16/2021 5:04 PM
18	Validate their struggles, encourage them	4/16/2021 4:05 PM
19	Pray for them and with them.	4/16/2021 2:56 PM

Parents of Young Adults

20	Be clear about expectations. Be a Consultant and tell them that is what you are to them now.	4/16/2021 2:46 PM
21	Be in therapy yourself.	4/16/2021 1:51 PM
22	Find a balance between rules and authority and being close to them.	4/16/2021 12:08 PM
23	Know you're job is to let them go, and that they may make different choices than you. Know they will have to fail sometimes - don't be too upset about that and teach then it is ok to fail sometimes.	4/16/2021 12:07 PM
24	Again, I don't know if this makes a difference, but I think: Leaving them alone. Reframing my opinion of them (eg maybe he'll end up writing a novel, lots of people have satisfactory lives without being overachievers, at least he doesn't live with us, doesn't do drugs, doesn't have cancer, etc)	4/16/2021 11:56 AM
25	Wish I had created environment where they wanted to work for something. Charge rent.	4/16/2021 11:50 AM
26	Try to keep a balance between supporting them while giving them the latitude to make their own decisions. Give advice but don't call the shots.	4/16/2021 11:37 AM
27	Trust your children to grow. Encourage them to be their true self. Listen to your child. Allow them to make decisions. Give guidance when asked, but let them decide for themselves what they will do.	4/16/2021 11:15 AM
28	I have a son who uses drugs. I'm clearly in no place to give anyone advice. I failed in the very most basic way.	4/16/2021 10:57 AM
29	accept them for who they are, speak from the heart, listen without becoming defensive, make time for laughter	4/16/2021 10:55 AM
30	Do your job as a parent - give your adult child the best you have to give and then back off, let him/her manage their life and do what they have to do. Then start this process all over again! :)	4/16/2021 10:46 AM
31	N/A	4/16/2021 10:40 AM
32	Her older sister launched swimmingly and has always been very independent. Other than financial support for college she has driven her own success finding jobs, friends, people and hobbies she loves. They were parented the same way so ther than alone having different genetics it's hard to know why they are so vastly different (other than genetics which is a strong force in our family...)	4/16/2021 10:34 AM
33	Let them breathe. Give them their space. Don't hover. Teach them how to be independent (ex would be to have them start scheduling their own appts once they can drive - such as dental or doctor visits).	4/16/2021 10:28 AM
34	Start when they are young and don't give them everything they want. Teach them skills in problem solving and life skills instead of solving all their problems. Let them fail so they can learn from that when they are young and the risk is low.	4/16/2021 10:23 AM
35	Let them struggle. It's the only way they figure it out for themselves.	4/16/2021 10:19 AM
36	Communicate - reach out often even if they push away or say they are fine	4/16/2021 10:13 AM
37	Startem young with expectations and follow through	4/16/2021 10:11 AM
38	Be clear and firm in expectations and boundaries. Get your own counseling if you have issues that affect parenting. Always provide unconditional love and let your kids know that in word and deed. Always be available to talk with them about anything. Be the house where they and their friends want to hang out; money on snacks is money well spent!	4/16/2021 10:03 AM
39	Love them unconditionally, support them if they are working toward independence, and be resolved to let them feel the consequences of their choices.	4/12/2021 12:19 PM
40	Treat them like an adult. Know that your most important parenting task is supporting their emancipation. Listen and discuss vs. preaching and telling. Let go of any controlling tendencies you may have had when they were younger. Keep your expectations to a minimum.	4/6/2021 11:36 AM
41	We are still a work in progress but I believe it really depends on the young adult and what their struggles are. Pulling the lid off of what has made them struggle helps. Having open and honest conversations and being transparent with your adult child and boundaries helps as well.	4/6/2021 9:23 AM

Parents of Young Adults

42	Listen Encourage Notice and celebrate progress Have open communication	4/3/2021 12:18 PM
43	Here are three intentional and universally effective strategies to release that pressure, especially for and with young people. 1. Pause to ask questions that don't have yes/no answers – The dishes and chores can wait. Pause whatever you are doing when a child is present. Ask questions like: How are you feeling? What was hard today? What did you learn today? How can I be helpful to you today? 2. Then, listen without judgment – Honor their experiences by asking follow up questions to clarify and help them get clearer about their own feelings. Help them identify what they are going through. Don't make assumptions. Try to avoid offering unsolicited advice or opinions. 3. And decompress outdoors – Suggest walks, bike rides, and hikes to decompress and re-center. The fresh air, the body movement, the sunshine, the natural sounds are scientifically proven to reduce stress and reengage the executive function of the brain.	4/2/2021 11:45 PM
44	Never negative. Don't do the if you don't then..... Attempt to get them away from the psychotic controlling ex.	4/2/2021 10:46 PM
45	Let them know you will always be there no matter what Encourage independent decision making Allow them to make their own mistakes; no shaming for doing so Be consistent Teach them to identify those times when they need help then teach them how to ask for it.	4/2/2021 1:36 PM
46	listen Empathize Agree together on a plan Provide oversight to big decisions without dominating. Have discussions and be open minded Join support groups like NAMI See a therapist alone or together Praise Praise Praise instead of harp and criticism Alanon or AA Faith/prayer	4/1/2021 5:22 PM
47	Haha	4/1/2021 2:51 PM
48	1) Think about both sets of needs: yours and the child. Both are important and deserving of consideration. 2) Launching a child is the culmination of your hard work. Appreciate this as a success metric.	4/1/2021 10:11 AM
49	I don't have any good advice	4/1/2021 7:50 AM
50	Be open minded Refrain from personal expectations you have about who your child should be Communicate often Be clear about household expectations Tell them you love them are proud of things the do Don't assume they have a path for their life have them verbalize this to you, help them get to their personal goals. Help them launch positively to keep communication open.	3/31/2021 8:58 PM
51	start implanting the joys of living elsewhere and supporting themselves as they approach your limits of expectations on how long they can stay. Empower them make it a positive step in their life.	3/31/2021 7:56 PM
52	Be yourself. Listen. Communicate. Do not be afraid to discuss "issues."	3/31/2021 6:55 PM
53	help reinforce your children's intrinsic ability to figure it out... call out their past successes to them when they are struggling encourage them to talk to their peers, family members and a professional	3/31/2021 6:45 PM
54	Life not a race Love not push	3/31/2021 6:15 PM
55	cultivate minimum expectations and responsibilities from a very early age, access mental healthcare for self and children as needed (don't wait), praise hard work, determination and perseverance, not just accomplishment	3/31/2021 6:15 PM
56	be patient. talk with Jack. remember all the good things you are doing and all the great things about your young adult. they won't be this age forever.	3/31/2021 4:42 PM
57	Work on the relationship all the time and listen	3/31/2021 1:46 PM
58	Encourage challenging social situations like going on a trip alone to visit a special museum or city they are interested in. Encourage meditation or self-awareness. Encourage gratitude.	3/31/2021 1:42 PM
59	Be a consultant and offer your opinion with the caveat that the decision is always theirs. Then accept their decision even if it was not in line with your advice.	3/31/2021 12:45 PM
60	Teach them to fish, but don't fish for them!	3/31/2021 9:16 AM
61	When 8 years old take the boys to a homeless shelter. Explain why they need so much help.	3/30/2021 9:17 PM

Parents of Young Adults

The broken can be healed but if know family history of genetic weakness it will frartly alter a life.

62	Have expectations and reinforce.	3/30/2021 8:20 PM
63	Children need to have responsibilities and a bar of expectation as a family member and a member of a functioning household. At a certain age they should be contributing to the functioning of the household i.e. chores and other responsibilities. I don't believe they should be compensated these are contributions every family member makes to the health of the household. Young adults need to understand the importance of earning spending and saving.Regardless of their level of homework and or sports involvement. it is critical to their development that they hold a job no matter how minimal that is. Young adults need to feel that they are in control of their destiny no matter how much we agree or disagree with their choices in path. Young adults need us to be a steady,empathetic, non biased sounding board as they make choices, try different things. Love and logic was a program we felt beneficial when our children were young. We still use some of those tactics with our 19, 15 and 12 year olds.	3/30/2021 5:33 PM
64	I would advise parents to encourage their teenagers to get a part-time job while in high school. It is good for learning to communicate with all different ages and learn to handle conflict. And let them experience the consequences of their own behavior while in high school, such as not planning their time well, and then getting a poor grade on a test or writing a paper. Don't overly emphasize academics and getting perfect grades. Encourage them to be involved in the college-planning process.	3/30/2021 5:02 PM
65	X	3/30/2021 4:32 PM
66	Not sure as we are still working on it.	3/30/2021 3:23 PM
67	I have no idea	3/30/2021 3:10 PM
68	Love. Respect, Foster independence from a young age...help it be "normal" to seek and obtain independence.	3/30/2021 2:50 PM
69	Know it is going to be harder than you thought!	3/30/2021 1:22 PM
70	let them make their own decisions and mistakes	3/30/2021 12:47 PM
71	Show/communicate unconditional love and support for their identity and vision of the future.	3/30/2021 12:31 PM
72	Let them go places without you. Encourage them to solve their own conflicts/advocate for themselves. Encourage them to try activities they shy away from. Let them have pets that they are responsible for. Support their interests. Hold them accountable for their own success and performance.	3/30/2021 12:30 PM
73	Set limits and stick to them. Feeling sorry for someone, and giving in does not improve the situation and in fact, often enables the problem and keeps it going.	3/30/2021 11:51 AM
74	pick doable consequences and stick to them	3/30/2021 11:43 AM
75	First, self-management/self-development is the priority; second, positive relationship with other parent, if there is one, or positive relationships with other important family members or adults in the child's life; then, assertive communication and limit setting without drama.	3/30/2021 11:21 AM
76	Appreciate their uniqueness including temperament. Set expectations.	3/30/2021 11:16 AM
77	Patience, Communication, Planning, Support, reassuring that they "can" move back if it doesn't work and try again.	3/30/2021 10:59 AM
78	Treat them like an adult - not an adult child	3/30/2021 10:54 AM
79	LISTEN	3/30/2021 10:42 AM
80	Provide support, opportunity, and reinforcement for positive and constructive activities such as sports, extracurricular activities, church youth involvement, involvement with positive extended family, and limit access to automobile use during adolescence if there are concerns about peers.	3/30/2021 10:36 AM
81	Everyone's unique with unique challenges so don't beat yourself up. Play to your adult child's strengths. Set reasonable limits and boundaries - keep reminding yourself that you are not ultimately responsible - this will help them realize that they are! Don't let guilt or fear be your motivator. (love and concern, yes)	3/30/2021 10:31 AM

Parents of Young Adults

82	1. For adult children suffering from mental illness and their parents, check with NAMI to help find support resources. 2. Keep yourself mentally/physically/emotionally healthy. 3. A mental health crisis (and follow-up treatment/care) can be a springboard for getting additional help in place. Advocate for the adult child - but know that the adult child has to 'own' his/her recovery. As a parent, honor your own limits.	3/30/2021 10:27 AM
83	1. Try to see that doing stuff for them robs them of an opportunity to try. Without that they can't gain confidence in themselves. 2. Tell them you love them and want them to live their best life, which can only happen when they realize their life is their responsibility. 3. Be ok with who they truly are: if you wanted them to be doctor but they want to be a welder be happy they want to be something and support their effort.	3/30/2021 10:00 AM
84	I wish I knew. I haven't successfully done this yet. But I would say make sure you find a way to be work toward an emotionally healthy relationship with your young adult with a balance of live and backbone and nurturing and that might require some repair work, patience and time.	3/30/2021 9:56 AM
85	Give them a variety of experiences and interactions to identify what their dreams are. Talk about and support their dreams. Help them find the skills and support they need for them to work toward those ambitions and interests.	3/30/2021 9:51 AM
86	Require from the beginning that they work and provide for themselves	3/30/2021 9:48 AM
87	respect, do not use anger, be fair, admit when your wrong. The father daughter and the mother son relationship is a dress rehearsal for what type of person they will marry	3/30/2021 9:18 AM
88	?	3/30/2021 9:09 AM
89	1. Remain unified with your child's other parent in your approach and decisions. 2. Try hard to exclude negative emotion and conflict from your dealings with the young adult. 3. Remember that once they're adults, you lose a lot of leverage, control and responsibility. 4. Don't look at their decisions and behavior as a report card on your parenting. 5. It's a long game, don't give up.	3/30/2021 8:59 AM
90	Children have to find their own path. More often than not, it is not the path you would choose for them. Some of the most miserable young adults I have seen were those who were pushed to meet their parents' expectations. Read Kahlil Gibran's "On Children." "Your children are not your children. They are the sons and daughters of life's longing for itself. . . ."	3/30/2021 8:57 AM
91	Love unconditionally, hold them accountable, get professional help when there are issues. Trust in your higher power	3/30/2021 8:45 AM
92	Find and embrace the positives daily even as the daily routine or demands change; listen to your child and let him or her vent or express without any words/advice or interruption. Do activities together inside and/or outside the home as simple as taking a walk or telling a funny story!	3/30/2021 8:40 AM
93	I have no idea. I am lost. Waiting and hoping he will grow up on his own. Nothing I can do.	3/30/2021 8:26 AM
94	I need suggestions	3/30/2021 8:20 AM
95	Provide your young adult with as much independence as is reasonable, but always be clear you are available and there to help anytime it is needed.	3/30/2021 8:18 AM
96	Be available. Make family meals a priority always. Listen. Affirm who you see your child becoming. Know their friends and stay connected to them. Give lots of space for failures. Easier to make mistakes now!	3/30/2021 8:14 AM
97	Start fostering independence and personal responsibility at a young age. Provide guardrails, love and support. Let them know mistakes are okay.	3/30/2021 7:46 AM
98	Remember they don't belong to you. You can't take credit for their successes or failures. Your identity and value doesn't come from being their parent. Find something you're passionate about and move your focus to that. Let go of expectations and find joy in the good things that come rather than what you hope for.	3/30/2021 7:21 AM
99	intervene early with substance issues (may or may not work) consistently affirm child's desire and effort toward independence remind yourself that moving toward responsible independence is healthy and is one of your child's (and your) greatest needs	3/30/2021 7:15 AM

Parents of Young Adults

100	Live your own life. Your child is a separate person from you. Don't burden your child by asking him to be responsible for your happiness	3/30/2021 7:13 AM
101	good education and discuss career options	3/30/2021 7:08 AM
102	You need to accept the person as he is. Only he or she can move, can develop. You support all of the reasonable, even wacky pursuits and ideas they have. If you are all lucky, a path will emerge. For our son, a suggestion from us was the kiss of death, so we had yet again to learn patience and acceptance. He was not going to fulfill our dreams, but had to find a way to understand and explore his own. Five years into the ten year commitment, we are feeling optimism. We had to get used to abandoning our hopes but not him. I think this is no small amount of emotional work, but it is well worth it.	3/30/2021 7:00 AM
103	Reflect your child's strengths back to them. Tell them that you have confidence in them. Be available but don't give unsolicited advice (which conveys lack of confidence in their ability to act independently). Share your experiences and what you learned from your own past challenges. Offer training in life skills. Encourage them to find and trust their own unique path (don't presume to know what career/relationship/interests etc. are right for them). Encourage and support them in going for their dreams. Tell them you love them every time you talk to them.	3/30/2021 6:55 AM
104	Counseling, let them fall down and pick themselves up - start this at birth	3/29/2021 6:07 PM