

## Are You Letting Go and Moving on With Your Separate Life

The following is a list of indicators that you are actively letting go of your young adult and moving on with your separate life. Rate the extent to which you demonstrate these characteristics using the following scale-

0	1	2	3	4
Almost Never	Usually Not true	Occasionally True	Usually True	Almost Always True

- \_\_\_ Exhibit a high degree of autonomy in actions and decisions. Not unduly influenced by your young adult.
- \_\_\_ Continue to love, care and attempt to connect to young adult no matter what their response.
- \_\_\_ Focus on what is best for you as an adult or couple.
- \_\_\_ Invest in developing an adult-to-adult relationship with your son or daughter.
- \_\_\_ Welcome the inclusion of new partners or children of your young adult.
- \_\_\_ Face and resolve conflicts with one's parents that can carry over or interfere with your relationship to your young adult.
- \_\_\_ Find new purposes, opportunities and experiences that do not involve your adult children.
- \_\_\_ Expand and deepen adult and/or couple friendships.
- \_\_\_ Communicate with young adult children in ways that respect their time, boundaries and preferences.
- \_\_\_ Demonstrate backbone by saying "no" to requests by your young adult that would foster greater dependency.
- \_\_\_ Detach from feeling responsible for your young adult's actions or the need to fix and rescue them.
- \_\_\_ Allow your adult children to define the type of relationship and communication they want to have with you.

How did you do? There's no right or wrong score. Just a chance to identify some areas that you could improve as a parent working on letting go. To learn more about these actions and how to strengthen these go to pages 13-18 in *Growing Apart: Letting Go of Our Young Adults*.