

Ten Tips for Forgiving Your Young Adult and Yourself

1. Forgiveness and apology are the two practices that can heal a broken parent-young adult relationship.
2. Forgiveness assumes our young adults are responsible for their actions and decisions but deserving of forgiveness.
3. If you harbor feelings of anger, hurt, resentment, regret, guilt, blame, and sense of failure toward your young adult and ask what to do, forgiveness is one answer.
4. Forgiveness is a choice that requires a change of mind, heart, and behavior toward the young adult.
5. Forgiveness sets the forgiver free from being a victim and leads to many positive health and relational benefits.
6. To forgive may require overcoming resistance caused by such factors as pride, helplessness, rumination, vindictiveness, unfairness, and a belief that such action would be a sign of weakness.
7. Forgiveness doesn't exonerate or excuse the young adult's behavior; it is given in spite of it.
8. Use the recommended steps to forgiveness developed by Dr. Everett Worthington of the Virginia Commonwealth University that are described in chapter 8 of the book *Forgiveness: The Gift We Give Our YOUNg Adults and Ourselves*.
9. You will know that you have forgiven, when you feel a burden lifted, remember the offense without hurt and anger, and interact in a more positive way with your young adult.
10. Self-forgiveness for parents who suffer guilt from their actions that may have hurt their young adult or their relationship with their young adult is often the hardest practice of forgiveness to embrace. It is however critical to letting go of the past and successfully letting go of your young adult.

For further help with connecting to and understanding your young adult, please consider reading *Forgiveness: The Gift We Give Our Young Adults and Ourselves* available through this website in ebook or print form.