

Letting Go of Your Adult Child with Special Needs
Dr. Russ Kinkade – Shepherds Ministries

I. WHY WE HOLD ON

A. D_____ – leads to unrealistic expectations: too high, too low

- The antidote is truth.
- Don't confuse essential worth with functional worth

B. G_____ – leads to Over-Responsibility and PAYING

- Superstition
- Punishment
- Consequence

C. F_____ / A_____ – leads to Control

D. FAULTY B_____ - leads to Confusion

- Independence
- Appropriate Independence

E. POOR B_____ - leads to Co-Dependency

II. HOW DO I LET GO?

A. Two Thoughts

1. Think S_____, Not Leaps
2. Think J_____, Not Destination

B. Three Questions

1. Is this for M___ or for my Child
2. Can they L_____ to do this for themselves?
3. Does this violate a M_____ value or principle?

C. Four Steps

1. Awareness

- a. Self (Parent/Teacher)
 - i. My Motives
 - ii. My Emotions
 - iii. My Thoughts
- b. Student (Child)
 - i. Ability – Capacity – GAPs
 - ii. Differing Standards
 - iii. Skills Bucket

2. Assessment

- a. Reward (why should I let go? WII4M)
- b. Risk
 - i. S_____
 - ii. P_____
 - iii. V_____

3. Action

- a. Preparation
- b. Practice
- c. emPower

4. Analysis

- a. Review – Success/Failure
- b. Reward – Intrinsic/Progress
- c. Release – Responsibility/Training

KEY: Denial, Guilt, Fear/Anxiety, Beliefs, Boundaries, Steps, Journey, Me, Learn, Moral, Severity, Probability, Vulnerability