

Letting Go of Your Adult Child with Special Needs: Helping Parents Change Roles

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I. WHY WE HOLD ON

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

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

B. G_____ – (leads to Over-Responsibility and PAYING)

1. Superstition
2. Punishment
3. Consequence

C. F_____ / A_____ – (leads to Control)

D. FAULTY B_____ (leads to Confusion)

1. Independence
2. Appropriate Independence

E. FAULTY B_____ (leads to Co-Dependency)

II. HOW DO I LET GO?

A. Knowledge of God's Plan
"God has designed us On Purpose, For Purpose."

B. Surrender to God's Purpose

C. Trust in God's Protection

III. The PLAN:

P – P_____

L – L_____

A – A_____

N – N_____

KEY: Denial, Guilt, Fear/Anxiety, Beliefs, Boundaries, Pray, Lean, Act, Navigate

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