

A SOMEWHAT RANDOM LIST OF ISSUES PRESENT IN CLASS I  
OF BRIDGING THE GAP: PRACTICAL SUPPORT FOR PARENTS  
OF GROWN SONS AND DAUGHTERS

September 5, 2013

Sadness

Estrangement

Son's use of violent, strong language

Helplessness

Use of drugs

Wanting to communicate without interfering

Want to learn to parent in an adult way

Need to set them free

Need to express love

Need to be authentic

Need to set boundaries

Feeling unsure about what to do

Feeling defenseless

Feeling sad and lonely

Missing connection

Concern for a child's wellbeing