

STUDY GUIDE
My Estranged Child is Back in My Life: Now What?

A teleseminar with Dr. Joshua Coleman

Why do parents often feel like they need to walk on eggshells once their child is back in their lives?

Why do so many formerly estranged children not want to discuss why they estranged themselves?

Why is your child's feelings of guilt or worry about you important for you to understand?

If you don't know why you were estranged, how should you handle that?

How should you respond if they tell you their reasons for the estrangement and they involve serious distortions about you or their past?

What if your child behaves abusively toward you?

What are some important ways to manage the *walking on eggshells* feeling?

What are some good ways to manage your feelings of anger or rage?

Why should you expect it to be awkward for a while?

What is “the new normal” and why is it important for you to understand that?

Does it make sense for the parent to ask for the child’s guidance around avoiding another estrangement?

What if you can tell that you’re annoying your child but they won’t say?

How do I deal with their residual anger or defensiveness?

How long do I have to keep apologizing?
