



Because I Love You™

Parent and Youth Support Groups

TO THE PARENT(S) OF AN ADULT CHILD

DEAR PARENT(S) OF AN ADULT CHILD:

THERE IS NO MAGIC FORMULA IN LETTING GO. IT ALL DEPENDS ON YOU MAKING THE FIRST STEP IN YOUR CHILD'S RECOVERY. YOU ARE THE FIRST PERSON/S THAT NEED TO CHANGE IF YOU WANT THEM TO CHANGE. WHATEVER YOU ARE DOING IS NOT WORKING SO WHY STAY IN THE STATE OF INSANITY? DON'T BE PART OF THE PROBLEM, BE PART OF THE SOLUTION.

OUR FIRST SUGGESTION WOULD BE TO FIND A B.I.L.Y. GROUP IN YOUR AREA AND IF THERE IS NOT ONE, THEN YOU SHOULD CALL THE AL-ANON HOT LINE FOR A LOCATION OF ONE OF THEIR GROUPS NEAR YOU. THE PHONE NUMBER IS 1-888 425-2666

REMEMBER, PAIN IS INEVITABLE BUT SUFFERING IS OPTIONAL. YOU MUST LET GO AND ALLOW THIS CHILD TO SINK OR SWIM AND UNDERSTAND THAT IT WILL BE THEIR CHOICE NOT YOURS. YOU HAVE PAID YOUR DUES AND YOUR RESPONSIBILITY LEGALLY IS OVER WHEN THEY BECOME AN ADULT. THAT DOESN'T MEAN THAT YOU DO NOT LOVE THEM BUT IT MEANS THAT YOU MUST GIVE THEM THE CHANCE TO SURVIVE ON THEIR OWN. WHAT IF YOU WERE NOT AROUND? WHAT WOULD THEY DO? CHANCES ARE THEY WOULD FIND SOME WAY TO GET THROUGH LIFE WITHOUT YOU. WHY NOT GIVE THEM THE CHANCE TO DO IT WHILE YOU ARE STILL HERE? THE SUPPORT SOUGHT AND RECEIVED FROM OTHER PARENTS WHO WERE HAVING THE SAME OR SIMILAR PROBLEMS IS WHAT KEPT OUR HEAD(S) ABOVE WATER. WE LEARNED THAT WE WERE NUMBER ONE AND IF OUR ADULT CHILDREN CHOSE A NEGATIVE LIFE STYLE, WE DID NOT HAVE TO BE A PART OF IT.

GOOD LUCK....



We want to thank you for visiting our site.

We trust you will find the information you received from our Reference Library to be helpful.

We offer a Parenting Skills book explaining our philosophies called "The Program". The cost of the book is \$12.00 (English and Spanish) and your payment is 100% tax deductible. (Please specify language in your order)

For book orders, you may either pay online using PayPal (see our Donations page) or you may send your book orders to: BILY P.O. BOX 2062 WINNETKA, CA 91396-2062. Be sure to include your tax deductible check or money order payable to: BECAUSE I LOVE YOU or BILY.

*Once again, thanks for stopping by the **Because I Love You: Parent and Youth Support Groups** site.*

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