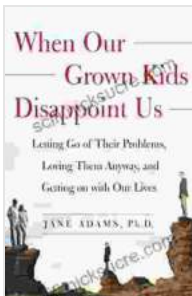


When Our Grown Kids Disappoint Us: A Comprehensive Guide for Navigating the Emotional Rollercoaster

As parents, we all have high hopes and dreams for our children. We want them to be successful, happy, and fulfilled. But what happens when our grown kids disappoint us? It can be a difficult and heartbreaking experience, but it's important to remember that we're not alone. Many parents go through this at some point in their lives.

In this article, we will explore the reasons why our grown kids might disappoint us, how to cope with the disappointment, and how to move forward in a healthy way.

There are many reasons why our grown kids might disappoint us. Some of the most common include:



When Our Grown Kids Disappoint Us: Letting Go of Their Problems, Loving Them Anyway, by Jane Adams

★★★★☆ 4.3 out of 5

Language	: English
File size	: 312 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 236 pages

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- **They don't meet our expectations.** We may have high hopes for our children's careers, relationships, or personal lives. When they don't meet those expectations, it can be disappointing.
- **They make choices that we don't agree with.** Our grown kids are their own people, and they have the right to make their own choices. But sometimes, those choices can be hurtful or disappointing to us.
- **They hurt us intentionally or unintentionally.** Sometimes, our grown kids may say or do things that hurt us. This can be especially painful if we feel like we don't deserve it.
- **They don't seem to appreciate us.** It can be disheartening when our grown kids don't seem to appreciate all that we've done for them. We may feel like we're not getting the love and respect that we deserve.

It's important to remember that disappointment is a normal emotion. It's okay to feel disappointed when our grown kids don't meet our expectations. However, it's important to find healthy ways to cope with the disappointment. Here are a few tips:

- **Allow yourself to grieve.** It's important to grieve the loss of the dreams and expectations that you had for your child. This may take some time, but it's important to allow yourself to feel the emotions that come up.
- **Talk to someone.** Talking to a friend, family member, therapist, or other trusted person can help you to process your emotions and develop coping mechanisms.
- **Focus on the positive.** It's easy to get caught up in the negative when you're disappointed. However, it's important to focus on the positive

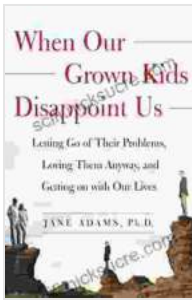
aspects of your relationship with your child. Remember the good times and the things that you love about them.

- **Set realistic expectations.** It's important to have realistic expectations for your grown kids. They are not perfect, and they will make mistakes. Forgive them for their mistakes and focus on the progress that they're making.
- **Take care of yourself.** Make sure to take care of your own physical and mental health during this time. Eat healthy, exercise, and get enough sleep.

After you've had some time to grieve and process your disappointment, it's important to start moving forward in a healthy way. Here are a few tips:

- **Set boundaries.** It's important to set boundaries with your grown kids to protect your own emotional health. This may mean limiting contact or setting limits on what you're willing to tolerate.
- **Focus on your own happiness.** Your grown kids are not responsible for your happiness. It's important to find your own happiness and fulfillment, regardless of what your kids are doing.
- **Build a support system.** Surround yourself with people who love and support you. These people can provide you with the encouragement and strength that you need to move forward.

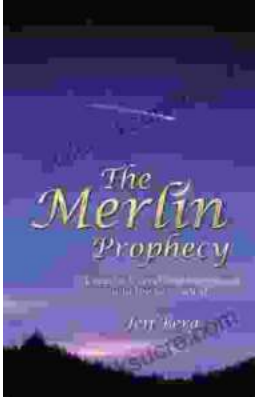
Disappointment is a normal part of parenting. It's important to remember that you're not alone and that there are healthy ways to cope with the disappointment. With time and effort, you can move forward in a healthy way and build a strong and lasting relationship with your grown child.



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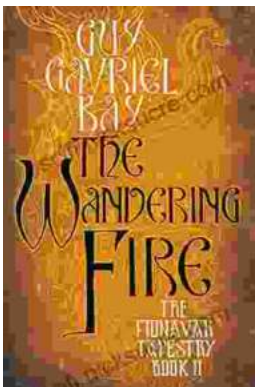
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