

Setting Boundaries with Your Adult Children

Allison Bottke gives many specific details and strategies for parent(s) to establish guidelines and boundaries for their adult children. Allison supplements her life experience with relevant information from other authors, support groups, the bible and her parent's survey. This book may be a difficult for some parents to read which may be the reason you need to read it. Sometimes hearing the truth is painful.... The definition of sanity is "repeating the same thing over and over and expecting different results." Maybe it is time to make some changes.

Some topics include:

- What is the difference Between Helping and Enabling?
 - Are you an enabling parent? List of questions
 - Assuming responsibility for our choices
 - "We must pray for the strength to begin a journey that quite possible may change our own lives- and pray for the wisdom to make new choices."
 - "I cried wolf on more than one occasions, totally losing any creditability I may have had with my son." When parents don't follow through with consequences.
 - Enough is Enough
 - And God is faithful' he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it (1 Corinthians 10:13)
- Get Smart take action
 - Change can be freeing and frightening
 - Deep down he is a good person.....
 - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Proverbs 3: 5-6
- Six steps of SANITY
 - Not only for drug addicts but for "children" who have never left home, returned home (with or without spouse/mate), considers home a revolving door, is a full or part-time college student...
- Boundaries provide not just a sense of security, but they also define in a valuable way, the parameters of who and what we are.
- From AA: Detachment is neither kind nor unkind. It does not imply judgment or condemnation of the person or situation from which we are detaching. It is simply a means that allows us to separate ourselves from the adverse effects that another person's choices can have upon our lives.
- Parents often know in their gut when things aren't right- when that inner voice speaks to their hearts about specific situations or issues.
- T. Suzanne Eller "while we are shaped by our past, we are not defined by it."
- I'm learning to surrender my will in everything, including my will for those I love.
- May God use your pain as a platform to comfort others.
- What I learned for being a parent in Pain...
- Developing an action plan, Implementing....Consequences ...

Website: [Setting Boundaries](#)
[Allison's recommendation for other books](#)

Joining a support group is often a key to finding hope, being able to survive the situation, and realizing you are not alone in your struggles. Support groups are important for the person with addiction but equally important for parents, spouse and other key people who need hope and healing in their lives:

Two are better than one,
Because they have a good return for their work:
If one falls down,
His friend can help him up.
But pity the man who falls
And has no one to help him up!
Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
Through one may be overpowered,
Two can defend themselves
A cord of their strands is not quickly broken.
Ecclesiastes 4:9-12.