

Why Adult Children Cut Ties And How To Heal The Conflict



Estrangement from an adult child is a painful experience for both parents and children. It can be difficult to understand why a child would choose to cut off contact, and it can be even more difficult to know how to heal the conflict.

Rules of Estrangement: Why Adult Children Cut Ties and How to Heal the Conflict by Joshua Coleman Ph D.

★★★★☆ 4.4 out of 5

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Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 306 pages
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In this article, we will explore some of the reasons why adult children cut ties and offer some tips on how to heal the conflict.

Why Adult Children Cut Ties

There are many reasons why adult children may choose to cut ties with their parents. Some of the most common reasons include:

* **Abuse or neglect:** This is the most common reason why adult children cut ties. If a child has been abused or neglected by their parents, they may feel like they have no choice but to cut off contact in order to protect themselves. * **Differing values or beliefs:** As children grow into adults, they may develop different values or beliefs than their parents. This can lead to conflict and, eventually, estrangement. * **Unresolved childhood issues:** Sometimes, adult children cut ties with their parents because they have unresolved childhood issues. These issues may include feeling unloved or unimportant, or feeling like they were always expected to live up to their parents' expectations. * **Toxic relationships:** Some parents are simply toxic people. They may be manipulative, controlling, or abusive. If a child has a toxic relationship with their parents, they may choose to cut ties in order to protect their own mental health.

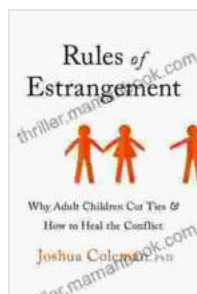
How to Heal the Conflict

If you are an adult child who has cut ties with your parents, there are some things you can do to try to heal the conflict. First, it is important to understand why you cut ties in the first place. Once you understand your reasons, you can start to work on healing the conflict.

Here are some tips for healing the conflict:

* **Reach out to your parents:** If you are ready to heal the conflict, the first step is to reach out to your parents. You can do this by writing a letter, sending an email, or calling them. * **Be honest about your feelings:** When you reach out to your parents, be honest about your feelings. Explain why you cut ties and what you need from them in order to heal the conflict. * **Be willing to listen:** Once you have expressed your feelings, be willing to listen to your parents' side of the story. They may have their own reasons for why they behaved the way they did. * **Be patient:** Healing a conflict takes time. Don't expect everything to be resolved overnight. Be patient and keep working at it.

Estrangement from an adult child is a painful experience for both parents and children. However, it is possible to heal the conflict and rebuild the relationship. If you are willing to work at it, you can overcome the challenges and create a healthy relationship with your adult child.



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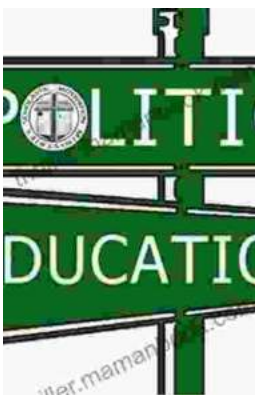
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