

MOVING TOWARD INDEPENDENCE

As with their first steps, a child's move toward separating from his/her parents and living on his/her own involves a multitude of feelings for the parents. The exercise is designed to help you identify these feelings and begin to work them through.

1. When I think about my child becoming independent, I am (please choose one):

Very comfortable Comfortable Unsure Uncomfortable Scared

Explain your choice:

2. Use an **X** to mark on the continuum where you think he/she is in regard to becoming independent, and then use an **O** to mark where you think he/she sees himself/herself being.

Independent

Dependent

3. Circle the fears you have regarding your child's moving toward increased independence:

Dating

Personal hygiene

Friends

Isolating

Money management

Personal freedom

Maintaining job

Tasks of daily living

Other _____

Comments:

4. Identify what specific things would have to happen before you would feel more comfortable with your child moving toward increased independence.
