

RESOLVING CONFLICT WITH ADULT CHILDREN

When your children grow up, it's natural for your relationship with them to change. However, arguing or experiencing conflict with your children can feel upsetting. Here is a guide on resolving conflict between you and your adult child.

FIND A SAFE TIME AND PLACE TO CHAT

- Calmly explain how you feel about the situation
- Aim to resolve the issue, not to be right or to win
- Actively listen to what the other person has to say
- Be aware of your nonverbal cues, such as gestures and facial expressions
- Use “I” statements to avoid accusation – “I feel” rather than “You make me feel...”
- Write down what you want to say ahead of time to help your chat be more effective.

SET HEALTHY BOUNDARIES

Examples of boundaries with adult children may include:

- Asking them to let you know at least a day before visiting
- Outlining a schedule of when you're able to take phone calls
- Setting a limit on how much you will financially support them.

KNOW YOUR WORTH

Self-compassion can protect your mental health when you're in the middle of a conflict with your adult child.



FAMILY MEDIATION

Family mediation is a professionally guided meeting which helps families when they are arguing or having problems.

Mediation provides opportunities for honest conversations in a safe environment under the guidance of a mediator.

Families can learn healthy ways to manage disagreements and develop plans to move forward from issues.



1300 062 232



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