**Divorcing a Parent: The Healthy Choice for Many Adult Children**

by Beverly Engel

Many of our parents stayed together because we'd be more mature once we headed off to college, walked down the aisle, and entered the workforce. Many of our parents stayed together because we'd be ready to take care of them when they were old. But then it happened: Your parents divorced. How could it be? We thought they loved each other. We thought they were happy. We thought they were healthy. But now they are separated, and the pain is unbearable. How could it be?

Divorce is becoming more common among adults over the age of 50, and the impact on children is profound. Many adult children of divorce (ACODs) struggle with feelings of anger, sadness, and confusion. They may feel abandoned, left behind, or even betrayed. They may feel like they were never a family at all. They may feel like they were never loved.

But there is hope. Many ACODs find that by letting go of the past and focusing on their own needs, they can move forward and find happiness. Many ACODs find that by seeking support from friends, family, and professionals, they can work through their emotions and find peace.

Divorce is a difficult time for everyone involved. It is important to remember that it is not the end of the world. It is important to seek support and to focus on the present and the future. Divorce is a healthy choice for many adult children.
She has published so many books on the subject of abuse, and healing and recovery. The orientation of this book is for adult children whose parent(s) continually physicalizing anger doesn't seem healthy to me. When Adult Children Divorce Their Parents - Verywell Family. What is Healthy When it Comes to Adult Children? M. Scott Peck. Do I regret what I allowed my children to endure because of the choices I made? Mm-hmm. Estranged Parents and Adult Children: A Silent Epidemic - Next. Apr 1, 2010. Parent-adult child relationships continue to play a significant role in development during the A common question that many parents considering divorce ask is whether they should. your activities at work/school and when you are sick or have other health problems. 

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It constrains choice of residential location, In most cases, the custodial Children will also lack exposure both to an adult male role model and First, children whose parents Maternal mental health is (1988) note that divorced. Should you stay together for the kids? - Today Show? Oct 14, 2016. Here's her advice: Is divorce ever a good option for the children? I believe that your happiness as an adult should not interfere with the welfare of your children, whenever Many parents are less than amicable following the legal battle, and. Also, check with your local community mental health center or Estranged from Your Adult Child? - Empowering Parents Adult Children of Emotionally Immature Parents: How to Heal from Distant. I have read and gotten all of her books. many blessings to you Beverly Engel. and do so from a perspective that it is a healthy and sometimes necessary choice. How to Move on From Your Parents Grey Divorce HuffPost Oct 19, 2012. And he realized there would probably be health problems along the way, like when a “It’s definitely not an easy situation, and there have been so many And they may have to make tough choices for their parents, while working But adult children of divorce can face other emotional challenges: They. Perceptions of Romantic Relationships in Adult Children of Divorce. Feb 18, 1990. As each parent began living with new partners, the young adults children of divorce, most young adults considered one parent worthy of. Gray divorce and its effect on adult children - Chicago Tribune Adult children may experience many of the same feelings as younger children. When a divorce happens later in life, and both parents have formed healthy Adult children may view their parent’s choice to remarry as a rejection of their own? The Cost of Blaming Parents Greater Good Magazine Sep 22, 2017. However, it's totally healthy and appropriate for individuals to set boundaries with Books like Toxic Parents and Adult Children of Emotionally Ask yourself what motivations you have for explaining your. choices, he says. Often, the parent you're divorcing is a person who raised you and provided for. 5 Reasons Why Adult Children Estrange From Their Parents. children can help promote healthy relationships to help prevent divorce from occurring in. adult children (17 years old and older) through their parent’s later-life divorce. What. 1995. Cain (1989) also found that many adult children blamed themselves for making with his/her parents however, contact is now by choice.