

## Providing Feedback for Your Mom and/or Dad: How Do You Like (or Not Like) the Ways They Express Their Love and Support for You Now?

*A complimentary resource for Blessing Your Grown Children by Debra Evans*

1. As my identity has matured and developed, I find my mom and/or dad has helped and/or hindered this process most by:
2. In my family, the concept of “blessing your grown child” means:
3. My parent(s) affirm me best when s/he/they:
4. I have felt particularly loved and supported when my dad/mom:
5. The least helpful ways my parent(s) offer love and support are:
6. I have set boundaries with my parent(s) by:

7. Communication with my parent(s) happens most effectively when:

8. I feel the most relaxed and comfortable around my parent(s) when s/he/they:

9. Describe three things your dad and/or mom said or did in the past that conveyed the message that you are loveable and valuable:

10. How is peacekeeping achieved in your relationship with your parent(s)? When a conflict between you and your parent(s) has come up, describe the steps each of you took to resolve it:

11. Share the spoken messages you've heard from your parent(s) that have most encouraged you:

12. If you could wave a magic wand right now and change something about your current relationship with your mom and/or dad, what would you ask for?

Additional thoughts you'd like to share with your parent(s):

If you've comfortable sharing your feedback with your mom and/or dad, please feel free to use this form along with your responses during your correspondence or discussion.

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