

5 SHIFTS that Change Everything in Parent and Adult Child Healing

SHIFT ONE: FROM BLAME TO BOUNDARIES

Why it matters: Blame keeps us stuck in the past.

Boundaries help us shape the future.

Try this: Instead of "You never" try:

"I've realized I need to take more responsibility for how I show up. One thing I need now is..."

SHIFT TWO: FROM SILENCE TO BRAVE CURIOSITY

Why it matters: Silence protects us but also isolates us. Curiosity reconnects us, even when we disagree.

Try this: Ask:

"Can we talk about how things have felt for both of us?" "What's something you wish I understood better?"

SHIFT THREE: FROM REACTIVITY TO REGULATION

Why it matters: We can't connect from a place of overwhelm.

Regulation helps us stay grounded during conflict.

Try this: Take a pause before responding.

"Ground your body: press your feet into the floor, take 3 slow breaths, then speak from calm rather than fire."

SHIFT FOUR: FROM ASSUMPTIONS TO INVITATIONS

Why it matters: When we assume, we shut doors. Invitations open them.

Try this: Instead of: "I already know what you'll say" try: "Would you be open to telling me how you see it, in your own words?"

SHIFT FIVE: FROM PERFECTION TO REPAIR

Why it matters: Families don't need perfection. They need honesty, willingness, and repair.

Try this: "I know I didn't always get it right. And I want to be part of the healing, even if we go slowly."

Healing doesn't mean erasing the past. It means changing how we relate to it, and to each other. Every time you show up with honesty, curiosity, and care, you are already building the BRIDGE.

