

# **10 Things Moms Say That Frustrate Their Adult Children (and 5 Ways to Stop Yourself From Saying Them)**

## **10 Things Moms Say That Frustrate Their Adult Children:**

- 1.You could call me sometime, ya know!
- 2.Did you go to church this week?
- 3.You should...!
- 4.I thought you would have...!
- 5.I just know how you are.
- 6.Why can't you put your phone down?
- 7.You can't move away from me!
- 8.When are you going to get a real job?
- 9.You spent how much on that?
10. I just can't drive that far to see you.

## **5 Ways to Stop Yourself From Saying Them**

### **1.Acknowledge your words are powerful.**

The Good Book says, "Life and death are in the power of the tongue." (Proverbs 18:21) How you speak to our grown children matters. Communication carries the weight of what you feel and think, so carefully chosen words will bring life to your grown children.You have the power to build them up or tear them down. Which will you choose?

### **2.Recognize success and provide empathy.**

Often it's easier to focus on what an adult child is doing wrong, instead of providing empathy and support for their struggles. Most grown kids don't need you to fix them, but they need you to focus on what's going well, then provide compassionate support as they learn through their struggles and trials.

### **3.Embrace growth for you and your adult child.**

This transition to parenting adult children is rocky for both mom and her adult child. Everything changes and neither of you fully understand the ramifications. Fresh boundaries need to be established. A level of trust and respect must be maintained too, as grace for one another is a necessary component.

### **4.Utilize strong listening skills**

Gone are the days of giving unsolicited advice and instruction. This is a colossal shift for mom. Less talking gives you the opportunity to listen well, especially on the topics you disagree on. Learn to listen for understanding. Practice hearing the heart of your adult child. This will improve your connection.

### **5.Practice dependence on God**

Apart from God, you will not be able to navigate this season of your motherhood well. You partner with God, in a dance of dependence, as you run to Him for emotional support, strength, and the confidence to change the way you mother. Our Creator is the source of every good thing in your relationship with your adult child. Lean on Him in this season.