

Cleaning Up Boundaries With Parents

When we refuse to enable unhealthy practices, we become quite powerful. Refusing to enable old practices can have amazingly quick results.

If your parents can't take the steps toward the relationship you long to have with them, it will take time to get through this loss. It's a death really, the death of your hope for family. Sometimes we have to find family among those who aren't related by blood.

Perhaps your parent is still violating your boundaries by:

1. Asking inappropriate questions.
 2. Showing up uninvited.
 3. Triangulating with your partner, spouse, or children.
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You have the right to set the same limits with a thoughtless or intrusive parent that you would set with a friend or a stranger.

1. You can refuse to answer a question.
 2. You can insist that your parent come to your house only when invited and refuse to let him/her in if not invited.
 3. You can confront your spouse and your parent about triangulation.
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As much as we want to improve our relationships with our parents, we expose ourselves to hurt and disappointment when we try the same old methods to get what has always been lacking, unless a parent has entered some kind of process, such as therapy or recovery, that might help him/her parent differently.

Until your parents face their own issues and learn to meet their own needs, they are unlikely to respond differently to you.