

How to Reclaim Yourself after an Estrangement

Part of healing from an estrangement is reclaiming our definition of ourselves as parents and of ourselves as people:

- * If we only let our children decide what kind of parent we are or were, and what kind of person we are, we not only do ourselves a disservice, we do them a disservice.**
- * We do them a disservice because we give them more power than they deserve to have.**
- * We confuse them by implying that they have a bigger claim against us than they do.**
- * We enable them by rubberstamping their mistreatment of us.**