

## **"Where Do We Go from Here if No Response??"**

**Question: I haven't talked with my son in a little over 1 year. I've written 2 "amends" letters for which he did acknowledge by email. He's kept the birthday and Christmas gifts we've sent, but where do I/we, my husband and I go from here? Do I keep writing amends letters? How would I best compliment him or support him when I don't really know for sure what he's doing. Should I include anything about what's going on in our lives or keep the focus on him. He's a great loving person. We both want to keep trying. Help please.**

**\* It's very positive that he acknowledged your amends letter. That puts him into the more hopeful end of the continuum as do the birthday and xmas gifts you've sent.**

**\* I don't think parents need to keep sending amends letters and I think it can be useful to keep the door open with chatty, newsy items about you and family and anyone else or anything else he knows or cares about around once a month or so.**

**\* However, it might be useful to end one of those in a light-hearted way with something like, "Since we don't hear from you a lot I'm wondering if you're still feeling troubled about the things that I tried to address in my letter to you last year. If that's the case, just want you to know that the door is always open to talk about that as much as you like or to see a family therapist if that would be helpful. We just miss you a lot and would love to see you but assume that you must not be ready for that yet and we understand and accept that. Your happiness is very important to us."**