

Living with Your Adult Child's Dislike of You

Perhaps the hardest thing about going through an estrangement or some variant thereof is contemplating that the child who you raised and loved doesn't especially like you. What is one supposed to do with that??

Here are some recommendations:

1) Accept it. They don't like me. Or they don't like part of me. Or they completely misunderstand me. Either way, it is what it is and if you've tried to reconcile and they've been unwilling, then this is where you are

2) Stop feeling sorry for yourself about it. Yes, it does suck. But, continuing to feel guilty, worried, hurt, regretful and sad benefits no one, especially you.

3) Spend time with those you love you. Sometimes our children are the least able to provide a healthy reflection of who we are because of:

a. Who they're married to

b. Your ex's influence

c. Their need to feel separate from you, and criticality is a good vehicle for that

d. Their addictions or mental illness

e. Etc, etc, etc

4) Stop obsessing about them. If they're treating you like crap, do they really deserve all of this attention you're giving them? I don't think so.