

Dr. Henry Cloud and Dr. John Townsend said in their book Raising Great Kids:

1. Some things are dangerous; Stay away from them, or you will die
2. Some things are not wise; do not do them, or you will lose
3. Some things are not moral; Avoid them and you will win
4. You are in charge of all of the above until you prove that you cannot be, and then we or the law will intervene.

Dara's 10 Steps to Raising Teenagers and Young Adults

1. Pray
2. Know their foundation is firm
3. Know that their Father God loves them even more than you and has a purpose and a plan for them
4. Pray
5. Endure through the fire with them (Be there)
6. Celebrate victories
7. Ask questions (even the uncomfortable ones)
8. Discuss everything
9. Pray
10. Begin to let them go emotionally – respect them and have healthy boundaries.

Letting Go

(Anonymous)

To let go doesn't mean to stop caring,
It means I can't do it for someone else.

To let go is not to cut myself off,
It's the realization that I can't control another.

To let go is not to enable,
But to allow learning from natural consequences.

To let go is to admit powerlessness
Which means the outcome is not in my hands.

To let go is not to try to change or blame another,
I can only change myself.

To let go is not to care for
But to care about.

To let go is not to fix
But to be supportive.

To let go is not to judge
But to allow another to be a human being.

To let go is not to be in the middle arranging all the outcomes
But to allow others to effect their own outcomes.

To let go is not to be protective
But to permit another to face reality.

To let go is not to deny
But to accept.

To let go is not to nag, scold, or argue
But to search out my own shortcomings and to to correct them.

To let go is not to adjust everything to my desires
But to take each day as it comes.

To let go is not to criticize and regulate anyone
But to try to become what I dream I can be.

To let go is not to regret the past
But to grow and live for the future.

To let go is to fear less and love more.