

Loving on Purpose Podcast

with Bonnie Lyman

Episode 100 100 Ways to Show Your Adult Children You Love Them

This is Bonnie Lyman and you're listening to the podcast, Loving on Purpose, episode 100, a hundred ways to show your adult child you love them. Welcome to the podcast, Loving on Purpose. I'm your host, Bonnie Lyman. I am a member of the Church of Jesus Christ of Latter day Saints. Trouble navigating through your relationships with your adult children, if you are struggling to connect with them, or having specific challenges. You're in the right place.

Hello, my friends. Welcome to my hundredth podcast. I never in a hundred years would have believed that I would be publishing this many podcasts. I am amazed and I give credit to my Heavenly Father for giving me ideas of things to talk about that may help you in your relationship with your adult children. It's all in our head, remember? We want to be loving and kind and respectful. To our adult children, if we want to be more understanding, then we need to learn to not beat ourselves up when we don't act the way that we would always like to act. We're just being human because we're not perfect. And remember to have a certain feeling. If it's love. Understanding, respect, and kindness. We have to have understanding, loving, respectful, kind thoughts about them. And it takes some practice, and it takes some help. But it has changed my life for the better because it doesn't only apply to my relationships with my adult children, but it applies to my entire life, my relationship with my future, with my health. With my financial situation, I can choose to think about all of those things any way that I want. It is my choice as to the feeling I have about them, about the happenings in my life. It is my choice. To have the thoughts that will cause that feeling. I will admit that it's not always easy. And sometimes we need some help.

So that is why I got in the business of trying to help as many women as I could love their adult children. Because love always feels good. So here we go. Here's a hundred ways to show love. Number one, leave the door open and your mouth shut. Number two, tell them often what you like about them. Number three, send money. Number four, be self confident enough to be yourself when you're around them. Number five, ask them questions. Number six, listen more than you speak. Number seven, put yourself in their shoes.

Number eight, bake them more cookies. Number nine, give them space from you. Number ten, drop all the judgment about them. Number eleven, Respect their high desire for autonomy. Number 12, allow them to go through their own personal hell. Number 13, put their needs in front of your desires. Number 14, don't expect them to fulfill your needs.

Number 15, focus on their strengths. Number 16. Wait for miracles to happen in their lives. And also in your life and in happenings in changes in your relationship. Number 17, don't be defensive. Number 18, don't take anything personally. Number 19, choose your words carefully. Number 20, drop having to know. The reason for their actions. 21. Focus on fixing you, not them. 22. Never, never impose guilt on them. Number 23. Be responsible for fulfilling your own needs. Number 24, don't mess with God's plan for them. Number 25, be available to support them, especially in their darkest hours. Number 26, let go of any expectation of them.

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Number 27, Get a life outside of your adult children. Number 28. Be willing to admit you might be wrong. Number 29. Forgive them 40 billion times. Number 30. Don't harbor past offenses. Number 31. Allow them to repent. Number 32. Remember, they have challenges you never had at their age. Number 33. Once a year, write them a letter telling them Why you're glad you're their mother number 34 Assume they are doing their best number 35 never quit loving them number 36 be an example of how an unconditionally loving human acts number 37 respect their boundaries Number 38, be grateful for any good thing they do toward you, no matter how small. Number 39, don't compare them to one of their peers. Number 40, remember your feelings about them. The day they were born number 41 love their father number 42 believe that they love you even when they say they don't. Number 43 find something outside of family that makes you happy. Number 44 love. Your spouse first and foremost.

45. If they remove you from their lives, don't deprive them of their financial inheritance from you. Number 46. Be respectful of them. When they spitefully use you. Number 47. Set clear boundaries with them out of love. Not out of anger. Number 48. Buy them drugs if it means it keeps them from preventing suicide.

Number 49. Show as much love to your adult children. As you do to your dog. Number 50 Allow your child who has just had a sex change to convalesce at your house. number 51 Buy your child's same sex partner a Christmas present. 52 Tell them often of the things why you think they're great. Number 53, give them space in your relationship. Number 54, allow them to not show you love. in the way you want them to. Number 55, have no expect expectations of them except for them to just be as them as they can be. 56, know God loves them more

57. Don't compare them to their siblings. 58. Be grateful that you were the most important influence in their life the first 18 years of their life. 59. Accept that now you are not their first priority. Number 60. Never doubt they'll never quit loving you and act according to your belief of this thought. 61. Love them even though they have different values from you and live a different lifestyle than you do. Number 62. Don't have entitlement expectations just because You're the parent. Number 63. Give up all unrighteous judgment about them. Number 64. Focus on what they are doing right. Number 65. Put aside...

Number 66, stop thinking you know what they are thinking. 67, be kind, loving, and respectful in any request you make of them. 68, know that loving them doesn't mean you love their behavior, but you still love them. 69. Know that they need your love the most when they deserve it the least. 70. Try often to put yourself in their shoes. What would you do if you were thinking like they were thinking? 71. Find things where you are more alike. Then you are different. 72. Always have a loving thought about them. 73, treat them like an adult.

74. Know that because they are an offspring of God, they have value. We see it when we love them despite their weaknesses. Number 75. Knowing that you yourself are amazing and also

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messy makes it possible. To love your amazing messy child. Number 76, ask for their permission before giving them advice. Number 77, allow them to self govern. 78. Be confident enough to be yourself around them. 79. Try to give up having to know why they said something or did something. Number 80. Never, never give up on them. Number 81, be their biggest fan. 82, once a year, perhaps Mother's Day, send them a card thanking them for everything they taught you. 83, Make a list of 10 things of why you're glad you're their mother.

84. Keep inviting them into your life, even if they keep turning you down. 85. Don't ever give up on them. 86. Focus on being grateful you were the one who got to be their mother. 87. Encourage them to follow their dreams, no matter how unproductive they might be. 88, ask advice from them or ask for help. 89, learn and study about something they're interested in.

Number 90, show sincere interest in what excites them. 91, assume they are doing the best they can at this time in their life. 92, forgive them for they know not what they do. 93. Allow them to experience discomfort in dealing with their own challenges. 94. Never, never criticize them. 95. Find something in life that makes you happy.

Because what they want is a happy mom. 96. Praise their children. To them, be specific in what you think is great about their children. 97, Verbal, Verbally tell them you love them using their name. As I often say to my husband, I love you, Jeff Lyman. 98, Send short texts when prompted. Example, thinking of you today. 99. Remind them often that you're the luckiest mom in the world. Number 100. Love doesn't need permission to love. To love Your child is a gift. To love another person is a choice. Why would we choose differently when love feels the best of all the emotions to feel? I wish you the very best in having a good relationship with your adult children. And I want you to know That no matter what they do or what's happening, that you, you can feel good about how you've performed as a mother by having grace for yourself, not being critical of yourself and not being critical of your children.

Love just loves. Have a great week and I'll see you next week. If you like this, this episode and you felt it was of benefit to you, I ask you to share it with somebody that perhaps it could also benefit. But if you're still feeling kind of stuck in that you don't know how to apply what was talked about. Or, where to start on, on changing your thoughts, on changing your perspective, on bettering your relationship, get on a call with me and we can have a discussion and I can tell you how to apply it and where we start.

And then you get to decide what you want to do about this relationship that maybe you're struggling with, with your adult children. There is no reason to go on the rest of our lives struggling with our relationships, with our adult children. Let's assume the best. Let's assume that we all love each other. And we're just trying to figure out how to maintain our own boundaries and respect another one's. But I can help you with everything. So just go to BonnieLyman.com and book a call. I can't wait to hear from you.