

# 4 PROMPTS TO START LETTING GO WITH LOVE

Your role is changing, but your presence still matters deeply. This guide offers space to reflect on the transition from parenting a child to supporting a young adult. In our full program, we explore these and other reflections in community, with expert guidance.

## Journal Prompts:

- What responsibilities has my teen already handled well?
- What am I holding onto that they may be ready to take on?
- What do I hope my teen remembers most about how I showed up for them?
- What are my unspoken expectations for my relationship with my teen in this next phase?

