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# CUTTING LOOSE

AN ADULT GUIDE  
TO COMING  
TO TERMS WITH  
YOUR PARENTS

HOWARD M. HALPERN, PH.D.

AUTHOR OF  
HOW TO BREAK YOUR  
ADDICTION TO A PERSON



# Cutting Loose An Adult Guide To Coming To Terms With Your Parents

**James L. Framo**



## **Cutting Loose An Adult Guide To Coming To Terms With Your Parents:**

**Cutting Loose** Howard Halpern, 1990-04-15 With more than thirty five years of experience in psychotherapy Dr Halpern enables the adult child to understand his or her parent and foster a positive healthy adult relationship In all respects you appear to be well adjusted reasonably successful adult but in the presence of your parents you feel vulnerable dependent guilty insecure childlike They manipulate you smother you demand your attention or elicit your resentment In clear nonclinical terms renowned psychotherapist Dr Howard Halpern shows you how to break these familiar family routines so that you can build healthy rewarding parent child relationships He teaches you for example how to handle martyred mothers despotic fathers and moralistic unloving or seductive parents He also addresses the sensitive topics of how to deal with aging divorced or dying parents Resolving conflicts with your parents will enable you finally to cut loose to start being yourself rather than your parent's child Without guilt revenge or fear as your motives you will be able to make the choices in love work and values that do justice to who you are With more than thirty five years of experience in psychotherapy Dr Halpern enables the adult child to understand his or her parent and foster a positive healthy adult relationship **Cutting Loose** Howard Marvin Halpern, 1976 O s i *Cutting loose* Howard Marvin Halpern, 1984-02-01 I'm OK, You're My Parents Dale Atkins, 2013-11-12 A guilt free guide for adults seeking more satisfying relationships with their parents In a recent study half of all Americans rated their relationship with at least one parent as either poor or terrible and more than a third felt this way about both parents As life expectancy continues to rise and the parent child relationship extends further into adulthood this problem is becoming more prevalent than ever Now psychologist Dale Atkins presents a step by step plan for adults trying to come to terms with parents who are only human before it is too late In *I'm OK You're My Parents* Atkins applies the same intelligent no nonsense approach that's made her a frequent guest on top rated TV shows She urges a restructuring of the relationships between adults and their aging parents and gives practical specific advice on how to exorcise the demons of anger and resentment untangle financial arrangements that cause stress and feelings of powerlessness set limits on your parents demands for time and attention turn a spouse or friends into a powerful resource overcome your own resistance to change and discover the redemptive power of humor This book draws on Atkins twenty five years of experience as a relationship expert to present a comprehensive guide to repairing difficult relationships gaining control and building a life that you and your parents can live with for years to come The Complete Handbook for College Women Carol Weinberg, 1994-07-01 Increasingly college is portrayed as posing as many perils for young women as it does opportunities and challenges The cover of The New York Times Magazine tells us that Crime Turns The Campus into an Armed Camp at the same time that dozens of schools experience painful racial upheavals Date rape eating disorders drugs and alcohol hate crimes the recent firestorm over political correctness all have combined recently to make college seem a daunting even threatening experience This need not be so says Carol Weinberg and in *The Complete Handbook for College Women* she

provides concrete incisive advice to help young women make the most of their college experience Away from home for the first time in an unfamiliar environment paired with a stranger as a roommate the college student faces a number of imposing academic and social challenges As an experienced college administrator who has spent over twenty years working with students at a range of colleges Weinberg is an ideally suited guide to help young women navigate their way through what may well be the most formative experience of their lives Written in a straight forward personable manner The Complete Handbook for College Women is must reading for both college bound women and students already at school as well as a valuable guide for administrators parents and anyone involved with higher education Issues discussed include first arrival and issues of independence and responsibility family ties and loneliness assertiveness and conflict resolution physical and emotional health eating disorders alcohol and drugs codependency sexuality sexual harassment sexual abuse rape and personal safety and the many components of living in a diverse environment such as ethnicity religion sexual orientation class disability age and appearance Table of Contents Introduction 1 Arrival Independence Freedom and Responsibility 2 Family Ties 3 Assertiveness and Conflict Resolution 4 Taking Care of Yourself 5 Eating Disorders 6 Alcohol and Drugs 7 Codependency 8 Sexuality 9 Sexual Harassment 10 Sexual Abuse Rape and Personal Safety 11 Living in a Diverse Environment 12 Ethnicity and Culture 13 Religion 14 Sexual Orientation 15 Socioeconomic Class 16 Disabilities 17 Size and Appearance 18 Age Notes Index

The Emotionally Abused Woman Beverly Engel, M.F.C.C.,2017-11-21 A sensible book full of insight and hope that offers support and guidance in freeing emotionally abused women from the cycle of abuse and establishing new healthy patterns of relating to others Booklist Does your husband or lover constantly criticize you and put his needs before yours Do you sometimes wonder if your best friend is truly a friend Does your boss try to control your every move Does your fear of being left alone keep you in chronically hurtful relationships If any of these questions sound familiar you could very well be suffering from emotional abuse the most widespread but also the most hidden abuse that women experience This type of abuse is just as damaging as physical or sexual abuse But there is help in this invaluable compassionate sourcebook As a marriage family and child therapist who has grappled with these issues herself Beverly Engel guides you through a step by step recover process helping you shed the habits begun in childhood and take the first few steps toward healthy change Using numerous examples drawn from case history and her own therapeutic expertise Engel will show you how to Recognize and understand the abusers in your life Identify the patterns that have kept you emotionally trapped Complete your unfinished business Decide whether to walk away from an abusive relationship or take a stand and stay Heal the damage of abuse by building self esteem Break the cycle of abuse and open yourself to the promise of healthy relationships

**She Loved Me, She Loved Me Not** Linda J. Converse,2001-07-12 Anger rage ambivalence guilt and shame relief all of these unexpected feelings can accompany grief and sadness when a parent dies Such reactions however are often considered unacceptable in our society In She Loved Me She Loved Me Not Adult Parent Loss After a Conflicted Relationship

Linda Converse offers honest reflections insights and advice from adults including herself who have experienced these unacceptable feelings after losing a parent As a professional social worker Ms Converse explores the issues involved in parent loss after a conflicted relationship Drawing upon the work of experts in the field of death and dying she offers concrete suggestions on how to reach a place of understanding and acceptance If you have or had a conflicted relationship with a parent once you begin reading this sensitive thoughtful book you will no longer feel alone Toxic Parents Susan Forward,2002-01-02 Are you the child of toxic parents When you were a child Did your parents tell you you were bad or worthless Did your parents use physical pain to discipline you Did you have to take care of your parents because of their problems Were you often frightened of your parents Did your parents do anything to you that had to be kept secret Now that you re an adult Do your parents still treat you as if you were a child Do you have intense emotional or physical reactions after spending time with your parents Do your parents control you with threats or guilt Do they manipulate you with money Do you feel that no matter what you do it s never good enough for your parents In this remarkable self help guide Dr Susan Forward draws on case histories and the real life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents and discover a new world of self confidence inner strength and emotional independence *The Right to Innocence* Beverly Engel, M.F.C.C.,1990-01-29 A practical and powerful must read book for all who have suffered childhood sexual abuse their family members and loved ones and for all mental health professionals Harold H Bloomfield M D Author of MAKING PEACE WITH YOUR PARENTS As a trained therapist and sufferer of sexual abuse herself Beverly Engel knows that there is probably no trauma a child can suffer that makes her or him feel more alone than sexual abuse This helpful book offers hope for recovery with exercises visualizations and techniques that support you through a seven step program that will aid you in facing the truth releasing your anger confronting those responsible with facts and feelings forgiving yourself and more healing advice and information Leaving Home Herbert Anderson,Kenneth R. Mitchell,1993-01-01 The authors demonstrate that leaving home is a significant part of forming an individual identity and a natural aspect of maturing It is also a lifelong process but one that is desirable and appropriate for both the one who leaves and the ones left behind However understanding the process requires care and this book helps clarify what is at stake in the complex ordinary process of leaving home **The Love Compass** Stefani Seek,2022-10-12 The Love Compass was born from a desire to help young women navigate dating and relationship challenges to find real authentic love The author Stefani Seek experienced two marriages and two divorces in just two decades and knew there was a higher purpose in the heartbreak Her college age daughter and her friends frequently asked Stefani for man advice One of her daughter s friends told Stefani that she should write a book to help women learn how to handle challenging and emotional situations with the guys they were dating The Love Compass shares some of Stefani s own intimate relationship stories to help illuminate real world situations for the reader While the stories are based upon male female relationships the advice and journaling

exercises in the book are applicable for all sexual orientations By the end of the book readers will be able to identify what they value in a romantic partnership understand and articulate boundaries have scripts in hand for talking through difficult situations with their partners and develop a compass to identify their true North which is self love first above all things While not every story in the book is relevant for every reader every person who reads this book will identify a few new ideas to incorporate into their dating world and how they can meet themselves happily within or without a relationship Women going through divorce or separation may also find this book helpful as it can serve as a reset and inspiration for a brighter future ahead The Love Compass will help you remember your heart s calling in a relationship with memorable stories and easy to fill in exercises that can serve as an ongoing journal and resource guide **Loving Him without Losing You** Beverly

Engel,2001-06-01 Are you a Disappearing Woman Beverly Engel has identified a widespread problem and provided women with wise guidelines for bursting through it She writes with compassion and insight If you think you are a Disappearing Woman you will drink in this book as if it were a health giving elixir It is Susan Page author of How One of You Can Bring the Two of You Together and If I m So Wonderful Why Am I Still Single This remarkably helpful book offers new insights into why so many women surrender their individuality in relationships Don t wait until your hair is on fire to read it Maxine Schnall founder and Executive Director of Wives Self Help A book of depth and power I highly recommend it not only to women who lose themselves in their relationships with men but to the parents of adolescent girls who need to be taught how to view themselves as valuable beings separate from their relationships with men and boys Michael Gurian author of The Good Son and A Fine Young Man Do you frequently find yourself putting your lover s needs ahead of your own Do you tend to lose yourself in your romantic relationships Have you ever neglected your career your friends or even your health while in the midst of a love affair Now in this landmark book Beverly Engel examines the intricate reasons why so many women submerge themselves in their relationships with men and offers a straightforward empowering program that you can use to free yourself from the powerful grip of this all too common problem and rediscover yourself as a Woman of Substance *Beyond*

*Blue* Therese Borchard,2010-01-06 Therese Borchard may be one of the frankest funniest people on the planet That combined with her keen writing abilities has made her Beliefnet blog Beyond Blue one of the most trafficked blogs on the site BEYOND BLUE the book is part memoir part self help It describes Borchard s experience of living with manic depression as well as providing cutting edge research and information on dealing with mood disorders By exposing her vulnerability she endears herself immediately to the reader and then reduces even the most depressed to laughter as she provides a companion on the journey to recovery and the knowledge that the reader is not alone Comprised of four sections and twenty one chapters BEYOND BLUE covers a wide range of topics from codependency to addiction poor body image to postpartum depression from alternative medicine to psychopharmacology managing anxiety to applying lessons from therapy Because of her laser wit and Erma Bombeck sense of humor every chapter is entertaining as well as serious **Addiction to Love**

Susan Peabody, 2011-04-13 Love addiction manifests in many forms from Fatal Attraction type obsessive lust to less extreme but nonetheless psychologically and emotionally harmful forms The most common of these is staying in a bad relationship because of a fear of being alone the I hate you but don't leave me relationship In **ADDICTION TO LOVE** recovering love addict Susan Peabody explains the variety of ways this disorder plays out from the obsessively doting love addict to the addict who can't disentangle from an unfulfilling dead end relationship Peabody provides an in depth and easy to follow recovery program for those suffering from this unhealthy and often dangerous addiction and explains how to create a loving safe and fulfilling relationship A seminal work on unhealthy and obsessive behaviors in love and how to change behavior to have a positive relationship This third edition includes a new introduction and revisions to the text throughout Some symptoms of love addiction include love at first sight excessive fantasizing abnormal jealousy nagging and accepting dishonesty Even relationships with parents children siblings or friends may be addictive dependency is not always related to romantic love Previous editions have sold more than 40 000 copies Love addiction is a three headed serpent that Susan Peabody adeptly slays This is the quintessential book for any love addict or counselor needing to fully understand this highly prevalent and complex disorder Susan detects and dissects aspects of this condition not comprehended in other books of its kind Recovery is possible This book makes it possible to take the succinct steps necessary toward a loving and reciprocal long term intimate relationship Sudi Scull M F T C N psychotherapist and nutritionist

**A Matter of Growth** Esther E. Hansen, 2021-01-27 The term caregiver applied to those who provide care in the home setting for the elderly or ill has become a commonly used term in our language It is a term encountered more and more frequently in its application to those who have an elderly parent in their care Statistics show that on any given day at least seven million Americans concern themselves with this task And their numbers are growing rapidly Millions of Americans concern themselves with this task every day By the year 2040 it is projected that the number of Americans over 65 will have expanded from the present 35 million to over 75 million And the oldest old those over 85 will increase from somewhat over 4 million at present to 14 million or so

*Family-Of-Origin Therapy* James L. Framo, 2013-05-24 Considers the family of origin approach to the psychiatric counselling of adults in marital family and individual therapy The text discusses theoretical and clinical implications and provides three case studies to illustrate the application of this method

**New York Magazine**, 1988-02-01 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

*Should I Get Married?* M. Blaine Smith, 2000-10-05 For anyone contemplating marriage discerning compatibility with another seeking guidelines for finding a life partner or struggling with commitment this updated version by M Blaine Smith provides biblical counsel and wise advice

*Yiddishe Mamas* Marnie Winston-Macauley, 2009-01-01 The Jewish mother feels her job isn't done even after death You're never too dead to be a Jewish mother Mallory Lewis daughter of Shari Lewis What do Steven Spielberg Woody Allen Barbra Streisand Jon Stewart Bette Midler and Natalie Portman have in common with this book A Jewish mother Is there such a thing as a Jewish mother And if so who is she For the first time best selling Jewish author and humorist Marnie Winston Macauley examines all aspects of the Jewish mother Chronicling biblical Jewish mothers to modern day Yentls she creates a compendium using celebrity interviews anecdotes humor and scholarly sources to answer these questions with truth and humor Contributors to the book range from Dr Ruth Gruber and Rabbi Bonnie Koppel to Jackie Mason Amy Borkowsky John Stossel Lainie Kazan and more The definitive source on Jewish mothers Eileen Warshaw Ph D executive director of the Jewish Heritage Center of the Southwest

**Couples Therapy in Managed Care** Barbara Jo Brothers, 2014-02-04 Couples Therapy in Managed Care Facing the Crisis provides social workers psychologists and counselors with an overview of the negative effects of the managed care industry on the quality of mental health care Within this book you will discover the paradoxes that occur with the mixing of business principals and service principles and find valuable suggestions on how you can creatively cope within the managed care context With Couples Therapy in Managed Care you will learn how you can remain true to your own integrity and offer quality services within the current context of today's health care system Current and comprehensive Couples Therapy in Managed Care will assist you in easing the dilemma of patients who are suffering from serious physical illness or emotional pain and have little choice or time to search for a needed doctor or service Couples Therapy in Managed Care offers you informative tips and suggestions on how you can help your clients within the constraints of the managed care system such as exploring ways to hold true to your personal values and the integrity of your personal approach to therapy while developing creative strategies to survive within managed care understanding the need to write a treatment plan using high professional standards and a solid theoretical analysis of the proposed therapy to give you a better chance of getting the managed care case manager to authorize your treatments realizing that maintaining a good working relationship with individual case managers will help you get more of your proposed treatments authorized although their high rate of turnover makes this a daunting task discovering that a sometimes a solution to your problem may be as simple as a phone call to a case manager to negotiate an exception to a standard procedure Couples Therapy in Managed Care offers you effective suggestions to help you overcome the limitations you may encounter while trying to practice within a managed care setting Innovative and informative this book will help you provide your patients with the best possible therapy while offering you ways to decrease the stress that managed care systems can cause you and your clients



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### **Cutting Loose An Adult Guide To Coming To Terms With Your Parents Introduction**

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