

# MOM...DAD, I'M GAY

HOW SHOULD A  
CATHOLIC PARENT RESPOND?



*by* **David Prosen &  
Allison Ricciardi**

**THE RAPHAEL Remedy**  
...REAL SOLUTIONS FOR REAL LIFE CHALLENGES

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## About the Authors

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After 10 years in the mental health field as a social worker, **David** went to Franciscan University of Steubenville and graduated with a MA in Counseling with a Certificate of Concentration in Christian Counseling. Since then, he has worked for years as a Licensed Mental Health Counselor for individuals and groups with a variety of disorders and issues. **David** believes that true healing comes from God and is thrilled to be working as a Catholic/Christian counselor. He brings his love for God, his compassion for others and his skill set to The Raphael Remedy.

**David** specializes in a number of areas including codependency, Adult Children of Alcoholics, emotional disorders, pornography and sex addiction, men's issues, obsessive compulsive disorder/scrupulosity, gender identity disorders and gender affirmation, post-traumatic stress, and unresolved grief issues. He uses the Baars/Terruwe model, Cognitive Behavioral Therapy, Behavioral Techniques, Psychodynamic and Expressive therapies including play, art and music.

**David** also specializes in group counseling and creates unique and creative programs that utilize movies and other experiential techniques. He has given numerous presentations on a variety of topics from stress management to Same Sex Attraction.

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Allison is a frequent guest on Catholic radio programs including “The Drew Mariani Show” and “On Call” with Wendy Wiese on Relevant Radio and has appeared numerous times on EWTN on “Women of Grace” with Johnnette Benkovic as well as “Mother Angelica Live”.

**Allison** is also the Founder and President of [www.CatholicTherapists.com](http://www.CatholicTherapists.com), a nationwide network of dedicated Catholic therapists. Founded in 2001, Catholictherapists.com has become the #1 most trusted resource on the web for those seeking help from an authentically Catholic perspective.

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## Introduction

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Today many Catholic parents have to face this difficult question. Some parents may have suspected that their child might struggle with Same Sex Attraction (SSA) and yet others are completely blind-sided. Regardless, this results in an avalanche of emotions for parents. What is a Catholic parent to do then, especially when our faith teaches that homosexual acts are a grave sin?

This guide will help you to know what to say, what not to say and how to handle your own very real emotions in this situation. For many, speaking with a [Catholic therapist](#) or a [relationship coach](#) who has some expertise on this issue will be very helpful and is strongly recommended.

## No Quick Fix

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First, as distressed and anxious as you are to resolve this, please realize that there is **no quick fix** for this situation. It likely didn't develop overnight and it won't be resolved overnight either. Your response will evolve over time as you first reckon with your own reaction and feelings and come to understand more fully what your child is going through. Chances are your son or daughter has been struggling with these feelings for years. Finally telling you took a lot of courage. **Honor their courage** and let them know how much you appreciate them sharing this difficult revelation with you.

## Don't Panic

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The late Father John Harvey, author of the book "[Same-Sex Attraction: A Parents Guide](#)" tells parents first and foremost not to panic. Life may be changed, but it's certainly not over. Yes, this is big...but you will get through it. Anger, grief, fear and sadness are common first reactions. Depending on your temperament, exploding in anger may be your first response. Try to avoid this, but if it has already occurred, apologize for your reaction.

Reassure your son or daughter of your love. Your child needs to

know that you love them no matter what and are not going to abandon them. At the same time, do not stuff your emotions or ignore them. Let them know that you need some time to work through your own feelings and that you really want to understand theirs. Ask for patience. They probably expected you to be angry. But they also probably greatly fear that you will reject them so reassure them of your love and set a time aside to talk when you're calmer and more able to discuss it rationally. There will be plenty of opportunities in the future for discussions once you have shown that you will always be there for him or her.

It's important to set a specific date to talk again and not allow this to become "an elephant in the room". It probably wasn't easy for your child to tell you so don't make them wait indefinitely to talk about it again.

**One note:** In some cases, fearing rejection, a child may already have walls up and appear arrogant or "in your face" with their news. Don't let this change your demeanor. Be loving and compassionate anyway. It's often their way of protecting themselves from rejection. Assure them of your love. There's a

saying that sometimes the hardest child to love is the one that needs love the most. Keep that in mind.

## **Get In Touch With Your Own Feelings**

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You may be feeling off balance by the shock of this revelation. That's normal. You will need some time to process what they've just told you. Once alone or with your spouse, get in touch with your own feelings. Write them down and explore them.

A common feeling is **grief**. Your hopes and dreams for your child, for grandchildren may feel shattered. You may be struggling with shame or embarrassment: what will others think? Worries come up: What about AIDS? You may be feeling guilty - is it your fault? Were you a terrible parent? What could you have done differently? You may be angry at your spouse and blame them. All natural emotions that need to be experienced and processed - but not necessarily expressed to your child. Sleep on it...maybe for a few nights before you try to discuss it again with your child.

## **Be Fully Present**

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When your son or daughter brings it up, or at your prearranged meeting after the first revelation, stop what you are doing and



give him or her your full and undivided attention. Turn off or ignore your cell phone. Use good eye contact and most importantly... listen, listen and listen. You don't have to have all the answers at this point. You really don't have to have any. Your goal at this point is to try to understand their struggle and perspective. Bite your tongue and just take in the information. This is not the time to preach. They likely know how you feel about the issue. What they need to know now is how you feel about them in light of this revelation. Reassure them of your unconditional love.

If they ask you questions that you're not sure how to answer, just be honest and let them know you need time to process your own feelings. It's perfectly okay to say, "I don't know" or "I'm not sure... I need to think about that."

## **Ask Questions to Seek Understanding**

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How long have they felt this attraction? How are they feeling *about* it? You will probably want to know if they've acted on these feelings yet or if they are in a relationship. At some point you can ask, but be careful not to turn your first conversation into an

interrogation. Your first goal is to understand your child's feelings and struggles.

As you listen, you may experience more unpleasant emotions. You might want to say what you think and you might want to tell them what scripture says. There will be time for you to plant seeds of truth later. Right now just be present, listen and express your love.

## **Get Educated/Arm Yourself with the Truth**

Because this is a highly charged political issue, there's a lot of misinformation out there and questionable studies abound. There are some important facts that you need to know.

Many in the mainstream media contend that people are "born that way"- that there is a gay gene. Every now and then there will be a headline to that effect. Although many who identify themselves as gay report always having felt this way, to date however there are no reliable studies that bear out the idea that anyone is indeed born gay. In fact, there are [several identical twin studies](#) in more than one country that indicate just the opposite. Since identical twins share the same DNA and prenatal

environment, the occurrence should be 100% but the studies indicate that among identical twins the incidence of both twins being gay is just 11% among males and 14% among females.

Another common misconception is that homosexuality is intractable and that change is impossible. The truth is that many people who experience same sex attraction and have lived a gay lifestyle do change, sometimes without any intervention. Others may not experience change in their attractions, but learn to live chaste lives in accordance with Church teaching.

According to an interesting study by Dr. Neil Whitehead, [Adolescent Sexual Orientation: Surprising Amounts of Change](#) he states:

*“The idea that adolescent Same Sex Attraction will always become adult Same Sex Attraction is quite incorrect. Data from the large USA ADD-Health survey (Savin-Williams and Ream, 2007) confirm that adolescent homosexuality/bisexuality both in attraction and behavior undergoes extraordinary change from year to year. Much of this could be experimentation. The changes are overwhelmingly in the direction of heterosexuality, which even at age 16-17 is at least 25 times as stable as bisexuality or homosexuality, whether for*

*men and women. That is, 16 year olds saying they have an SSA or Bi-orientation are 25 times more likely to change towards heterosexuality at the age of 17 than those with a heterosexual orientation are likely to change towards bi-sexuality or homosexuality. Under the most extreme conservative assumptions heterosexuality is still 3x more stable for men and 4x for women."*

Begin reading as much as you can on this subject, but do it for your own benefit. Resist the urge to inundate your child with books and studies in an attempt to change or heal them. Your goal right now is to understand the issue and to seek truth...and the truth always sets us free.

Understanding how SSA develops or how a child is drawn into same sex relationships is complicated and individualized for each person. The Catholic Medical Association put together an excellent [pamphlet](#) that explains the latest research on this topic.

Another helpful book filled with valuable information on the causes and much more, is ["Same-Sex Attraction: A Parent's Guide"](#) edited by John F. Harvey, OSFS and Gerard V. Bradley. [More great books](#) can be found at the [Courage website](#).

Two solid resources that we recommend are:

[www.narth.com](http://www.narth.com)

This organization leads the field in cutting edge research into the causes of Same Sex Attraction as well as therapeutic interventions that have proven successful with those seeking healing and change. They offer a wealth of studies and articles aimed at increasing scientific knowledge and greater understanding of issues related to Same Sex Attraction.

[www.couragerc.org](http://www.couragerc.org)

**Courage** is the Vatican approved support program for men and women struggling with Same Sex Attraction who are striving to live according to the teachings of the Roman Catholic Church. **EnCourage** offers support and information for family members of those who experience SSA. Their combined [website](#) offers articles, audio presentations, book recommendations and much more.

It's also imperative to know clearly what the Catholic Church actually teaches on this subject. There is a lot of distorted [information](#) purporting to represent the church's position on this topic. Read articles 2357-2359 in the official [Catechism of the Catholic Church](#) which elucidates clearly and with compassion how the Church views Same Sex Attraction and those individuals who are experiencing it. The truth may surprise you...and your child!

## **Separate the Political from the Personal**

What most of us hear in the main stream media, and sadly, sometimes even within the church, are arguments put forth by the gay rights movement. It's important to recognize that the gay rights movement has its own political agenda. Purporting to defend those with SSA, they often usurp their struggles to advance their own liberal agenda in this and other areas of public interest. Have you ever wondered why the gay rights movement would take such a vocal position in favor of abortion rights? Logically speaking this is one area that would not impact those engaging in homosexual acts. Clearly there is more behind this movement than meets the eye.

In recent years, gay rights activists have been successful in several states in making any therapies aimed at helping a minor to “change his or her orientation”, (i.e. heal from their Same Sex Attraction) illegal, even when the child has expressed great distress about their feelings and are begging for such help. For such reasons, it’s important not to allow yourself to get caught up in the hype and political frenzy but to focus your educational pursuit to seeking the truth. Seeking out *empirically validated scientific studies* is essential. As Jesus told His apostles, you must be “as wise as serpents and as innocent as doves” when trudging through the information out there. Pray for the light and guidance of the Holy Spirit to lead you to all truth.

If your son or daughter has become involved with a homosexual rights group, understand that they may simply be trying to find a place where they fit in. Use the information in this guide to help you in dealing with your child and don’t react to some of the inflammatory things they may say or get caught up in arguments. Remember, God brings us together...the evil one seeks to divide. Be resolute in your commitment and love for your child, no matter what.

## **Don't Assume They Want to Change**

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For some, talking to their parents is a step toward healing. Distressed by their feelings, they want help from you, and perhaps from a therapist to sort them out. Especially when young, such feelings are often transient. Sometimes being called “gay” by their peers has made them question their sexuality. Talking it out with you and a competent [Catholic therapist](#) that understands this issue, as well as the Church’s teaching on it, can go a long way toward helping your son or daughter to deal with their feelings in a healthy and productive way.

If they request to talk to a therapist, it’s important that you interview that therapist to understand how they address this issue and that they are respectful of your Catholic views on this matter. As much as therapists are supposed to be neutral, it is frequently not the case. A therapist’s beliefs and values often do come into play. Those that may be caught up in the political agenda of the gay rights movement may exert pressure in swaying your child into their politically correct views. A [Catholic therapist](#) is your best option, as you know up front what their



views are on this subject and have a better chance that they will be respectful of your beliefs and your role as a parent.

For other children, their first impulse after “coming out” to their parents is often relief and a sense of freedom to explore their sexual desires by living a gay lifestyle. Struggling with these feelings for years, they may feel liberated to finally “be who they are”. Don’t be daunted by this. For many parents, this produces a big conflict in how they are addressing their child. Not wanting to condone, parents may instead condemn and try to instill fear in an effort to keep their son or daughter from descending deeper into homosexuality. If this is the case, be patient. Don’t threaten them or try to control. Pray and seek help from a [therapist](#) or [coach](#) to tailor your strategy to walk that fine line between condoning and condemning. It’s not easy, but it can be done.

## **Hunker Down for the Long Term**

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As mentioned earlier, there is no quick fix for this situation. Your child may have come to you seeking help to deal with and resolve his or her feelings or they may have been putting you on notice of their new life style. Love them no matter what and use the

strategies below to bolster your hope. Remember, God loves them even more than you do.

## **Pray and Never Give up Praying**

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Now that the first “I’m Gay” conversation is over, get alone and talk to God. Pour out your heart. Let Him comfort you. As Catholics, we understand that Mary is our heavenly mother. Who else could understand your grief and emotions better than our Blessed Mother? Ask her to pray for you and for your child. Her prayers are powerful.

As time goes on, it might seem like it’s hopeless if your child is continuing to get steeped in the “gay” or “lesbian” culture. Don’t give up! I can say this to you with confidence today because my mom never gave up on me.<sup>1</sup> Each day she put me on the cross with Jesus and asked Him to reveal His love and Truth to my heart. He answered her prayers and I am eternally grateful. Thank you God and thank you Mom!

## **Be Authentic**

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Once you’ve listened and sought to understand what your child is feeling, it’s okay to be honest with them about your own emotions

and struggles. Be authentic. They'll know if you're not anyway. Let them know if you're feeling sad or worried. They may understand more than you expect them to. But be sure to do so without judgment or blame.

## **Share Your Beliefs**

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Share your beliefs with them but be careful not to preach. Read what the [Catechism of the Catholic Church](#) teaches on this subject and be able to articulate it to them. Many, knowing that the Church condemns homosexual acts, have the mistaken notion that the Church condemns those who experience Same Sex Attraction. This is very far from the truth and it's important that they not only hear it from you, but also experience your love and acceptance of them, despite your disagreement with their behavior.

You have a right to your feelings and beliefs, but too often today, disagreeing with this lifestyle is considered "homophobic" or judgmental. Many parents feel like they are being bullied into the very closet their child just came out of. Own your feelings but express them with love.

## What Will You Tell Others?

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It's important to consider all the ramifications of your child's revelation and its impact on you and other family members, especially younger children in your family. How will you explain this to them... and others?

First, recognize that what your son or daughter revealed to you is a private matter. If they are struggling and looking for help to deal with their Same Sex Attraction, it's best to keep everything confidential and not involve their siblings or other family members. Respect their privacy and safeguard their dignity, even if other family members inquire. They deserve and need the ability to work their feelings through privately and not be subject to public scrutiny or ridicule. Ask them what they are comfortable with you sharing and with whom. Being proactive is very helpful here. You don't want to be put on the spot without knowing how to respond as questions come to you and then wind up saying more than you should.

On the other hand, if your son or daughter has "come out" and is openly living a homosexual lifestyle or are in a relationship, then

you need to consider what you will say to questions from inquiring minds...especially your other kids.

As much as we want to protect younger children from having to know about sexual matters in general, the truth is they hear a lot in school and in the media. Chances are they've heard about "gay people" and same sex marriage...but heaven only knows what they've learned. The explanation and discussion you have with them depends on their age and maturity level. For very young children you don't have to (and shouldn't) go into details about sex. Keep the discussion on their level and let them ask their questions as that will indicate to some degree their understanding (or confusion) on this matter. Be honest and candid but if they ask questions that you would rather not answer, let them know you cannot or would rather not discuss that right now. It's okay to admit you are upset or concerned but reassure them that you love their sibling no matter what and as a family you will all work through this challenge together.

If your other children are adolescents or teens they are probably more aware of this issue...and likely more accepting as well. The schools and the culture have done a great job of "normalizing"

and mainstreaming this, so be prepared. It's normal at that age to think more emotionally and want to defend what they perceive as "the underdog". You may get more of a backlash from them than the son or daughter in question if they perceive you to be rejecting or judgmental. Reassure them of your love and support for their sibling but you should also be clear about your own beliefs. Focus more on your concern for their sibling's long-term happiness and not on any worries you may have about what others think or fears about your own failures as a parent. Often, the less you say, the better.

When it comes to grandparents, aunts, uncles, friends and neighbors it's best to have a planned explanation or response if the subject comes up. Especially when it comes to friends and neighbors, it's really none of their business so don't feel like you owe anyone an explanation. Other family members or close friends who love your child may be concerned and want to help. If they are close to your son or daughter they may be very helpful as a liaison between you and them if your relationship has become conflicted because of their revelation. Be judicious in what you share and again, respectful of your child's privacy. If you do feel the need or obligation to tell them something, then let

your child know what that will be so everyone is on the same page.

In cases where family members may be condemnatory or abusive to your child, it's best to share very little and crucial that you state unequivocally your love and support of your child. It's okay to voice your concern and disagreement, but be steadfast in your loyalty to your child and let others know abuse or put-downs will not be tolerated. Period.

## **Setting Boundaries**

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If your child is open about his or her Same Sex Attraction or is in a relationship, you need to think about how to handle holidays and other events. Will you invite their partner for Christmas? If they live at a distance, what about sleeping arrangements if they are staying with you for a few days? Will you visit them in their home if they are living together? How about the family Christmas card or newsletter - will the partner be included?

These are tough questions and there's no "one size fits all" answer. You want to always be loving, but let's face it, you're walking a fine line between condoning and condemning and may

need some help in sorting this out. We strongly recommend you find a solid priest that you trust to discuss the situation to see what will be best in your circumstance. A [Catholic therapist](#) or [life coach](#) can also help tremendously in taking all factors into consideration and formulating the most loving approach.

Some parents decide that they would prefer that their son or daughter not invite their partner for holidays. That's okay as long as it's not being done as a punishment. Believing that this behavior and relationship does not reflect who your child truly is, it may be more consistent to not include their partner. That being said however, you can still be clear on your views and, if you and your spouse are in agreement, invite the partner. Often times, not inviting them means that your child will pull away further. That may need to be tolerated. In some cases the partner may not have family to go to and not including them will seem punitive or mean by your son or daughter. Once again, talking this out with a trusted priest, [therapist](#) or [coach](#) can be very helpful.

If you do decide to include the partner in holidays or family events, then set the ground rules up front. How will this person be introduced to other guests? If they will be travelling a distance



and staying with you, what will the sleeping arrangements be? It's okay if you decide to allow children and their partners to stay the night for exceptional events such as holidays, as long as they are staying in separate rooms. Some parents may not even allow that and that's okay too. Do they agree to respect the house rules that you've set? If they violate those rules, what will the consequences be?

You need to be consistent here. It's important that all folks who are unmarried not to be permitted to stay in the same room. Sex outside of marriage is a grave sin, whether it is with the same sex or the opposite. It doesn't matter.

## **Love in Truth**

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Loving someone who is engaging in sinful behaviors without condoning, or appearing to condone the sin, is not easy. It may seem impossible, but with God all things are possible. True love doesn't "tolerate" all things...Jesus certainly didn't. No. He spoke the truth to the woman at the well, the woman caught in adultery and even to the Pharisees. True love "does not rejoice over wrong doing but ***rejoices with the truth.*** (1 Cor 13:6)

Pray for the wisdom, guidance and grace of the Holy Spirit. Be steadfast in the truth and in love and ask for the right words at the right time when you need them. Even if you lose it once in a while and say the wrong thing or lash out, ask God to repair it and to use your missteps for good in the long run. Nothing is impossible with God.

## **Plant Seeds of Truth**

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Remember, your primary job is to love your child. It's not your job to change or rescue or save your child. That's God's job. Love your child authentically. This means planting little seeds of truth when you feel led to do so by God. This is why it is so important to read as much as you can on this topic. You never know when the opportunity will arise and God will ask you to plant a seed. Planting a seed doesn't mean lecturing or preaching which will cause the walls to go up. A seed of truth might be three words or maybe a sentence or two. It might be inviting them to watch a movie with you. If you try to give too much information at once communication may stop. You may feel urgency, but follow God's lead. He is outside of time and the Master of all time. Follow Him. Pray consistently and don't give up. Ask God to give you the

wisdom you need to plant His seeds of truth in His time according to His will. Trust Him. Opportunities often come when we least expect them and in ways we wouldn't have planned. God is amazing. He works in peace and in gentleness so don't expect the sea to part or lightning bolts. Just open your spirit in prayer and watch what happens.

## **Let God Water the Seed.**

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After you plant a seed, your loved one might get angry with you. That's okay. As mentioned, your job is to love and plant the seeds. It's God job to water the seeds and to bring about opportunities for healing and change. Just as physical healing can be a messy and painful process, emotional healing is no different. Try your best to focus on the behavior you disagree with and not the person. Even then there may be loud and angry confrontations at times. You both may say things you don't mean in the heat of the moment. That's a natural part of the process. Do your best to be aware of your own emotions and if you feel yourself beginning to get angry, it's okay to say that you need to change the topic and deal with this at another time. My mom did that with me several times.<sup>1</sup> I remember in one of these

discussions I felt very angry. She calmly stated, "We need to talk about something else because I am getting angry and I don't want to say something I might regret. If we can't change the topic, I need to hang up." Remember, you're only human!

You may want to shield your child from feeling some of the unpleasant parts of the healing process and be tempted to avoid speaking the truth in love. That's understandable. But, just as an alcoholic may need to feel all the fear and anguish of hitting rock bottom in order to avail himself of God's grace and healing, this is no different. Be real. Share the truth. Be patient.

Let God continue to water the seeds and don't attempt to manipulate the process. It may mean letting go for a time as they pull away. Don't chase them down and try to convince them. Let them be. The "Hound of Heaven" is on the job so leave it in His capable hands...and keep watering the seeds with your prayers, and even sometimes with your tears. They won't be wasted with God. Offer your sufferings to God in union with the cross. There's real power there - more than in our words or interventions.

## Trust God

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Remember this: God loves your son or daughter even more than you do. We may have trouble comprehending this or we may forget this sometimes but it's the truth. He also loves you more than you can imagine. Rest in that truth.

Do your part in prayer and as a parent, but leave the rest to Him and see what happens. There will be times when it feels like you are all alone and that God has left you. This is an illusion.

Although emotions are gifts from God and they give us important information... they can sometimes deceive us. Feelings aren't facts. Just because I *feel* abandoned by God does not mean that I have been.

Remember, our emotions are meant to be guided by reason. When struggling with fear or losing hope we need to remind ourselves of the truth of God's word and God's love. Read the scriptures and listen to the many promises of God to His children. Don't let fear decide your faith. Keep repeating, "Jesus, I trust in You." Feelings follow actions. Proclaiming your faith with your lips will lead to feeling faith in your heart. Be steadfast in prayer and pray for the gift of perseverance. As St. Padre Pio would

counsel: "Pray, hope and don't worry" Worry is useless. What is needed is trust.

Just a word on spiritual warfare... It's a tenet of our faith that there is a battle for each of our souls. The devil is on the prowl looking for someone to devour. His calling cards are discouragement, fear, despair and division. There will be battles. Know the true enemy and persevere in prayer. The battle is already won in Christ and the one who perseveres to the end will be saved. God never allows a trial unless He intends to bring a greater good from it. All things...even this, work together for the good of those who love God and are called according to His purpose. This situation is no different. Be steadfast in prayer and faith.

## **Take Care of You**

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As we stated earlier, you need to be prepared for the long haul. It's easy to let your worries consume your life and to spend all your time reading or learning about this issue. It's also easy for it to consume all of your conversation and waking thoughts. Being aware of this, resolve not to let it. It's a part of your life now, but it isn't the only thing. There are likely many other good things going

on in your life and despite this issue with your child, there are probably many good things in your relationship with him or her. Don't lose sight of that.

God will work it out in His time and doesn't need you micromanaging. He is capable. You need to be patient and persevering in prayer.

Join a support group such as [EnCourage](#), if there is one in your area. It's important not to go it alone. Select one or two friends that understand and are supportive of you and spend time with them. Take time each day for prayer and for some relaxation. Set aside times with your spouse and closest friends in which you agree not to talk about this. It can also be very helpful to spend time with others who have no idea of what's going on and just have some fun. We all need to take a break from our troubles. "Sleeping on it" is generally good advice and in a long haul situation that means taking breaks from thinking about or discussing the situation. It will give you a clearer perspective.

Consider [counseling](#) or [coaching](#) with someone who is familiar with the issues at hand and has the expertise and experience to

guide you effectively as you work through your feelings and your relationship with your child. It's time and money well invested.

The best break you can take is in frequenting the sacraments and in prayer before the Blessed Sacrament. Get to daily Mass if your schedule allows. Invite Jesus into your heart and let Him transform your fears into faith. Pour your heart out to God and be still and listen for His gentle voice and encouragement. Read the scriptures and other spiritual reading and bolster your faith with the Truth of God's Word. See how He's worked out His plan of salvation over the centuries and be joyful in the Lord. He is present even in this darkness you may be experiencing with His light and His grace. Trust, trust, trust.

[Call us any time for a free consultation](#) to see how we can help you through Catholic therapy or life coaching. We pray for you and yours. May God bless you and your family abundantly.

1. David Prosen, referring to his personal experience.



# THE RAPHAEL Remedy

...REAL SOLUTIONS FOR REAL LIFE CHALLENGES

At The Raphael Remedy, we believe that God has a plan for every human being. No one is conceived by accident in God's economy. Our lives on earth can be very complicated since we are living in a fallen world. But because Christ came and redeemed the world, our futures are filled with hope. Everyone has their "battle scars" from growing up and in this hectic world too many of us can't find our way to the happiness God has planned for us. We need some guidance to achieve it.

We believe that the teachings of Jesus Christ, as revealed through Holy Scripture and through the teaching authority and traditions of the Catholic Church offer us the greatest wisdom for understanding human nature and that the Sacramental life of the Church is the best aid in healing emotional, psychological and spiritual wounds and greatly enhances physical wellness as well.

We combine sound psychological expertise and techniques with this Christian philosophy to heal the whole person and get to the root of whatever is causing distress or holding you back from living a full and happy life.

We also believe that God has put into nature all the things we need to live healthy lives physically and that our physical and emotional health are intimately connected and dependent on each other. After all it's hard to be happy when you're not feeling well...and it can be hard to feel well when you're depressed, anxious or worried.

Our Catholic approach does not mean that you must be a practicing Catholic to benefit from our services. We work with people of all faith traditions, or no faith tradition.

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