



Estranged Parents Bill of Rights

Right I

I have the right to expect, (but not compel), relationships with my children that evolve from adult-to-child, to adult-to-adult, to finalist*-to-adult.

Right II

I have the right to relationships characterized by mutuality, commitment, intimacy, and gratitude rather than relationships that are one-sided, capricious, superficial, and entitled.

Right III

I have the right to assert the legitimacy of my thoughts, feelings, and motivations, rather than being told what I think, feel, and intend.

Right IV

I have the right to individual relationships with children, grandchildren, friends, and associates that are not complexified by issues from other relationships.

Right V

I have the right to closure on past failures, real or perceived.

Right VI

I have the right to be told directly when closure on past failures is not possible, and to know the limitations that lack of closure will place on our relationship.

Right VII

I have the right to live without physical, emotional, financial, or legal threats.

Right VIII

I have the right to recover from the trauma of estrangement, and to develop a positive identity and purpose for my life.

Right IX

I have the right to develop new relationships that are mutually beneficial.

Right X

I have the right to celebrate the contributions I have made to the world over the course of my lifetime without repeated reminders of my deficits.

Right XI

I have the right to make plans for my future that provide for my financial and physical security.

Right XII

In any eventual reconciliation, I have the right to establish boundaries in a process that gradually redevelops trust.

*finalist stage refers to roughly the final quarter of a parent's life. These are the years when adults are reflecting on the meaning of their lives, including their investment in raising children.