

**The following story was written by Susan Kranz as part of letter to Dr Glasser. She is a Basic Practicum Supervisor. The story is about the relationship with her son.**

**My 21-year old son is living at home and I had reason to believe that he was doing drugs. His father (from whom I separated) and a couple of his sisters suggested that I was enabling him by allowing him to live here (although he is working full time and pays me well for room and board) and encouraged me to throw him out, insisting that he must "hit bottom".**

**I bought into their anxiety and expressed my concern to him in a brief conversation. No harm done but it did not sit well with me. Then I rethought it and said: "I love having you here. I really enjoy spending time with you, listening to you playing drums, talking about books we have read and movies we have seen, listening to music together. The only relationship you have that is any of my business is your relationship with me and I am perfectly happy with that. Frankly, your relationship with yourself is none of my business. I am sure you value yourself as much as I do, so I am going to butt out!" Surprised both of us. And indications are that he has been off drugs for seven months.**

**Letting go is trusting. Susan was clearly signalling boundaries, meaning that her son was a person in his own right and that he was responsible for himself. She was also saying the same thing about herself. The underlying message to him was I am letting go of you. I trust you will be fine and more than anything I love you. It is really about "My job" and "Your job".**

**Joan Hoogstad**