

ROSARIO COUNSELING & ASSOCIATES, PLLC

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JUNE 2014 E-NEWSLETTER

Father's Day is around the corner, creating the perfect time for strengthening your adult relationship with your dad.

How would you rate the quality of the relationship with your dad?

Are there parts of the relationship that you would like to change?

Developing a relationship that lasts a lifetime takes efforts.



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Want To Connect With Your Dad This Father's Day?

1. Be intentional...



Prioritize your time to include spending time with your dad regularly. For Father's Day invite him into your life by offering to play golf on Friday, go to breakfast on Saturday or come over for Church on Sunday. Another way to be intentional is calling him frequently, even if conversations are 10 minutes twice a week. Being in a relationship requires an investment to yield a high return.

2. Deal with the past hurts...

Often the root of the problems in the father to adult child relationship stems from unresolved childhood frustrations, hurts and resentments. These issues can impact the current relationship with your dad if ignored. A key to healing is



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forgiving the offenses, and choosing not to retaliate. Dealing with past issues is freeing, it opens up the opportunity for deeper understanding of one another.



[Conversation Ideas for Family Time](#)

We are currently accepting New Patients

We appreciate your Referrals!

3. Reset expectations...

Be realistic; learn to accept your dad by taking into account his strengths and flaws alike. Sometimes we hold an ideal image in our mind of what we wish our dads were then hold them to that standard. Instead focus on the positive attributes of your dad.

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4. Develop shared interests...



What common interests can you find to maximize quality time together? By sharing something you have in common you not only enjoy what you are doing but enhance your bond.

5. Initiate being open...

Share about your life with your father. Ask about his life experiences from his own memories of his childhood, how he met your mother and recollections you share about your childhood. Communicate your thoughts and feelings. Talking about your lives is unifying and can create new bonds.



Connecting with your father takes effort, yet is an investment that holds a lifelong bond creating memories that are long lasting. The road may be bumpy but worth the challenges.



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Contact our office **919-649-5882** to schedule an appointment. Our caring counselors are here to



help you take that first step to rebuilding your relationship with your father, a loved one or a friend. We help bridge the gap one step at a time.

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