

PRODIGAL PARENT
process
WORKBOOK



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Introduction

As a Christian Psychologist, I've heard many parents of prodigals in my office share feelings of despair over the direction and path their prodigal has chosen to take.

All too often I hear these questions:

"How can I make my prodigal change?"

"What did I do to cause this?"

"How do I respond to my prodigal's behavior?"

My heart in creating this series is to therapeutically walk you through the answers to these common questions and so much more. By working through this workbook in conjunction with the DVD, you will be educated, prepared, and capable of working through this process as a parent of a prodigal.

Being a parent of a prodigal is not something you asked for. In fact, at this very moment, you may feel like you're going through an emotional roller coaster with your prodigal child. As I have worked with couples who are feeling grief, shame, depression, anxiety, and even PTSD symptoms because of their prodigal child's choices, I have come up with these therapeutic exercises and biblical teachings that can help you profoundly understand your prodigal's journey as well as your own.

I want to applaud you for walking through this journey with thousands of other prodigal parents who are in the process of awaiting their prodigal to come home.

Through this series, my goal is that you anchor yourself in the truth as it relates to your prodigal's free will and your healing process as a parent.

Douglas Weir Ph.D.

