

Son's Anger & Hurt

“My step-son called me yesterday right after school wanting to know if I could get custody of him. There are rumors around school that his mother is dating an 18 year old which was once a friend of his. She want admit it and it hurts him. I'm not sure she is the 18 year old is at their house a lot and when he showed up unexpectedly yesterday he was there with her. He gave his other mother the choice of him or the other guy and she choose the other. I know he could be blowing this way out of proportion but he is ashamed to go to school.

We sat him down and talked to him. I told him it was just a phase his mother was going through it would pass. I asked him to talk to her but he said he couldn't he was through with her but he is mad. I did tell him that we would nit make a hasty decision let everyone cool off and in a few days we could talk about this. His mother has been a very good mother and is gong through a divorce right now. I hope she will calm down but he is seeing a wild side of her he has never seen before. He tries to act as if he is her father instead of her son but he worries about her so much. He is embarrassed by her action with this teenager, he is hurt that he feels he is being lied to and can't trust her and that hurt turns into anger. How can I help him cope with this? Please help with advice.”

ScottCounseling Response:

Let me begin by telling you that you have done a great deal already for your stepson. You have obviously taken the time to listen, ask how he feels and come up with a plan. You also shared with him that us adults don't always do the right thing and we have our moments when we need to “slow down.”

My answer to you depends a lot on your stepson's age. How old is he? If he's 18 (like his friend), in most states he can begin to make his own decisions; this includes where he lives. If he's not 18, then it depends on the situation and his other parent (dad?) may step in to help.

Is he a junior or senior in high school? If so, you need to have him consider the ramifications of leaving that school and the effects of attending another school when he's so close to graduation...often hard to start over in another school.

Did he speak with his 18 year old friend about the issue with his mother? If not, he may want to consider doing this: telling his friend how he feels about the situation. If something is happening between his friend and his mom, maybe the friend needs to be “a friend” and consider his feelings.

You shared that “we sat down and talked to him.” Is dad involved? If so, how does he feel? What does he want for his son?

Finally, your stepson's mom needs to know the ramifications (problems) of dating a boy who is not 18. Are you sure he's 18? If he's not, mom could be in violation of some state

laws. Is your stepson's mom approachable on this issue...either by your stepson, dad and/or you?

Get back to me with some answers to my above questions if you need more help.

Thanks for being a caring person!

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