The problem with going home is:

- There’s nothing to do.
- The rules at home are different from at school.
- I’m used to making and keeping my own schedule.
- My parents still treat me like a child.
- My parents are always telling me what to do.
- My family is always getting into my business.
- I have less freedom and independence than at school.
- I don’t feel like I can be myself.
- I’m expected to play a particular role that I’m not comfortable with.
- Dividing my time between friends, family, and myself is difficult.
- The holidays/family times never live up to my expectations.
- My friends are different from the way they were in high school.
- My new friends/relationships are not around.
- My family always knows what to do to drive me nuts.
- There are a lot of conflicts or communication problems with my family.
- My parents have relationship problems.
- My parents always put me in the middle of their problems.
- I have to split my time between multiple families.
- I don’t have the same values/religious views as my family.
- Someone in my family has serious problems (e.g., substance abuse, mental illness, financial problems).
- Someone in my family is physically/sexually/emotionally abusive.

Possible ways to cope with going home:

- Talk with family about your coming home (ask about family expectations, talk about new “adult role,” negotiate new rules).
- Plan activities to keep self entertained, how to divide time between family/friends/self, time to relax and do things for self, etc.
- Be creative and change the way you deal with or react to problems (don’t try to change or control family members, find common ground with people who are different from you, choose your battles carefully, know when to call a truce, take time out when things get stressful).
- Try to communicate more effectively with family (share info, express feelings appropriately, set limits, know own limits, stay calm, listen before speaking, think before speaking, be respectful, be aware of tone of voice and body posture, use “I” statements).
- Take time to process/share experience with someone you trust (friend, neighbor, partner, counselor).
- Consider the role of adult visitor in someone’s home (respect for rules/boundaries, being helpful, thoughtful, etc.).