

Moving Back Home: Family Expectations & Goals Worksheet

For Parents and Adult Children

Instructions:

1. Each person completes this worksheet separately.
2. Be honest — there are no wrong answers.
3. Come together afterward to discuss similarities, differences, and agreements.

Participant: _____ **Date:** _____

Part 1: Goals for Living Together

What are the main goals for this living arrangement?

(Check all that apply and add your own, if applicable.)

- Save money
- Emotional support / family connection
- Career transition
- School / education
- Health or recovery
- Temporary housing during life change
- Help parents with household
- Other: _____

My personal goals while living under this arrangement:

What would make this living situation feel successful to you?

Part 2: Expected Length of Stay

The expected timeline for this arrangement:

- Less than 3 months
- 3–6 months
- 6–12 months
- 1+ year
- Not sure yet

Conditions that would signal it's time to end this arrangement:

How often should we revisit the timeline?

- Monthly
- Every 3 months
- Every 6 months
- As needed

Part 3: Financial Expectations

Monthly financial contributions (if any):

Other financial expectations or concerns:

Part 4: Household Responsibilities

My expectations for cleanliness & upkeep:

Quiet hours and/or daily routines that are important to me:

Part 5: Privacy & Boundaries

Personal space expectations:

Guest/partner visitation expectations:

Communication preferences (check all that apply):

- Weekly check-ins
- Direct conversations when issues arise
- Written agreements
- Family meetings
- Other: _____

Topics that feel sensitive or off-limits:

Part 6: Support & Independence

What kind of support do I want from others in the home?

How will independence be maintained?

Ways we can avoid falling into old parent/child roles:

Part 8: Conflict Resolution

How should disagreements be handled?

Warning signs that things aren't working:

Steps we agree to take before problems escalate:

Part 9: Shared Agreements (Complete this section together)

After discussing individual answers:

Agreements we all support:

1.

2.

3.

Review date for this agreement: _____

Final Reflection

One thing I'm excited about:

One concern I want us to keep in mind:

For a much more in-depth agreement, visit www.ContractForAdultChild.com
and download our 7 page "Contract for an Adult Child."