

Request to Move Back Home

Purpose: This worksheet is intended to help an adult child clearly communicate their request to move back into the family home and to set clear expectations for everyone involved. Honest, specific answers are encouraged.

Applicant Information

- **Name:** _____ **Age:** _____
 - **Current Living Situation:** _____
 - **Requested Move-In Date:** _____
 - **Requested Length of Stay:** _____
-

1. Reason for Request

1. Why are you requesting to move back home at this time?

2. What circumstances led to this request? (e.g., financial, health, career transition)

3. Why is living at home the best option right now?

2. Expectations While Living at Home

1. What do you expect from your parents while living in their home? (e.g., privacy, emotional support, flexibility)

2. What do you believe your parents will expect from you?

3. Describe how you expect daily life to function (meals, shared spaces, schedules):

3. Plan and Goals

1. What are your short-term goals while living at home? (next 3–6 months)

2. What are your long-term goals? (employment, education, housing, financial independence)

3. What specific steps will you take to move toward these goals?

4. How will you measure progress, and how often should progress be reviewed?

4. Financial Contribution

1. Will you contribute financially to the household?

○ ☐ Yes ☐ No

2. If yes, describe your contribution (rent, utilities, groceries, insurance, etc.):

3. Proposed amount and payment schedule:

4. Describe your current financial situation and income plan:

5. Household Responsibilities

1. What chores or responsibilities are you willing to take on?

2. How will shared spaces be kept clean and orderly?

3. Are you willing to follow established household routines and rules?

- ☐ ☐ Yes ☐ No ☐ With discussion

6. Behavior and Conduct

1. Describe your expectations around respectful communication and conflict resolution:

2. How will you handle disagreements with your parents?

3. Expectations regarding:

- ☐ Guests: _____
- ☐ Quiet hours / noise: _____
- ☐ Substances (alcohol, drugs, smoking): _____

7. Independence and Boundaries

1. How will you maintain adult independence while living at home?

2. What boundaries are important to you?

3. What boundaries do you think are important for your parents?

8. Exit Plan

1. What conditions would signal that you are ready to move out?

2. Target move-out date or conditions:

3. What happens if the plan is not working for one or more people?

9. Acknowledgment

I understand that moving back home is a temporary arrangement based on mutual respect, clear expectations, and ongoing communication. I agree to discuss this plan openly and make adjustments as needed.

Signature (Adult Child): _____ Date: _____

Signature (Parent/Guardian): _____ Date: _____