

Failure to Launch Syndrome: How to Help Young Adults Leave Home

Failure to launch syndrome refers to young adults who remain dependent on their parents or guardians rather than establishing an independent life as self-sufficient adults.

While it's not considered a formal mental health diagnosis, failure to launch affects many individuals who are transitioning into adulthood.

How to Support Struggling Young Adults

Not all young adults living at home are experiencing failure to launch syndrome, but those who are not working towards moving out and creating a life of their own may be at risk of failure to launch.

Symptoms

- Poor work ethic
- Low motivation
- Narcissism
- Inability to take responsibility
- Problems with persistence
- Procrastination about the next steps of life
- Trouble managing stress
- Feelings of being stuck or loss of direction
- Not engaging in activities involving responsibility
- Withdrawal or isolation
- Participating in less and less in life
- Starting school or work and quitting without replacing it with something else

If this is the case, parents or guardians can encourage the following steps to help their children transition to an independent lifestyle.

1 Learn & Practice Important Life Skills

Practicing independent living skills is crucial for young adults to learn how to function successfully on their own. These range from goal-setting to adjustment and adaptability.

2 Make Some Necessary Lifestyle

It's important to encourage young adults to develop a balanced perspective and find things they enjoy, whether it is personally or professionally. Doing this will help them embrace their independence.

3 Consider Participating in Therapy

Taking care of their mental health is the key to having a fulfilling life. Mental health professionals can provide unbiased advice and guidance as young adults navigate their transition into adulthood.

4 Providing Support, Encouragement, & Confidence

Families can help young adults build their confidence and independence by encouraging and supporting them through setting boundaries, and expectations, and instilling accountability.