

## AFTER THE REUNION

*Developed by Dee Dee Mascareñas, M.F.T.*

“We all of us have to adapt ourselves to the wish that is granted. That can be a painful process.”

– T.S. Elliot

### Short-Term Concerns:

- Moving through the “honeymoon” stage (trying to make up for lost time, moving in, etc.)
- Obsession, jealousy, and being “mothered”
- What do I call my birth parent?
- How often do I make contact?
- What to do about the holidays
- Telling the adoptive parents
- Dealing with an abusive past
- Birth fathers—when to search?

### Long-Term Concerns:

- Maintaining the connection
- Who owes what to whom?
- Combining families
- Revisiting and releasing anger and depression (disintegration)
- Re-integrating/Re-defining the self
- Accepting the reality
- Forgiving
- Managing the relationship with adoptive parents
- Moving on

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# ACT

Facilitator's  
Guide

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Supporting  
the  
Permanent  
Family  
Practice  
Tools