



Dealing With Divorce: *A Worksheet Guide To Help Children* *Get Through A Tough Transition*

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www.themarriagerestorationproject.com

Introduction

Divorce is hard for everyone. But it can be especially tough on kids. You can tell your kid that everything's going to be okay, but it's not the same as knowing exactly what you should say and do when they get upset or don't understand what's happening around them.

This worksheet bundle includes information on emotions and adjustment, activities to help children learn more about their parent's divorce, and tips on how to be a positive role model when talking with your child about the divorce.

We are here to support you.

Please don't hesitate to reach out if you need anything.

With best wishes for your relationship success,

Rabbi Shlomo Slatkin, M.S, LCPC

Some important facts for you to know



YOU WILL ALWAYS BE PART OF A FAMILY



A family is made up of people that love and care for each other. Even if you don't all live in the same home, you will always be part of a family

YOUR PARENTS WILL ALWAYS LOVE YOU



Divorce doesn't change how your parents feel about you, just how they feel about each other.

YOU ARE STRONGER THAN YOU THINK



Being a child isn't always easy. Divorce doesn't make it easier. And one day you are going to grow up and you're going to be great! You will get through this challenge because you are stronger than you think!

IT REALLY ISN'T YOUR FAULT



Your parents decision to divorce has NOTHING to do with you. Their problems with each other started before you were born! Do not blame yourself.

SHARE YOUR FEELINGS



It's important for you to share your feelings with someone. Ideally your parents but if you aren't able to at least a caring friend, teacher, therapist, or other helpful adult.

NO FAMILY IS PERFECT



You have a lot more in common with everyone else than you might think. No one's family is perfect, even those with married parents. Every family has challenges and no one is perfect.

Divorce is often hard on children and teens who feel responsible for the separation. Remember, though, that the divorce was caused by problems in the parents' relationship, not by anything you did.

It's also a good idea to speak with someone about what you're feeling—it could be a teacher, another student, or maybe even a counselor or family member. Keeping your feelings bottled up can lead to depression.

What are some emotions I may feel after the divorce?

SHOCK

WORRY

ANGER

FEAR

SADNESS

EMBARRASSED

GUILT

LONELINESS

ANXIETY

RELIEVED

FACTS ABOUT DIVORCE

1. Almost 50 percent of all marriages in the United States will end in divorce or separation.
2. The marriage rate in the United States is currently 6.8 per 1,000 total population.
3. The average age for couples going through their first divorce is 30 years old.
4. Wives are the ones who most often file for divorce at 66 percent on average.
5. The divorce rate among couples where one spouse is in jail or prison for one year or more is 80 percent for men and close to 100 percent for women.
6. Divorced or widowed men are more likely to remarry than divorced or widowed women.
7. People are 75% more likely to end their marriage if a friend is divorced.
8. 52% of single parents have been married at some point.
9. 48% of those who remarry before the age of 18 are likely to divorce within 10 years, compared to 25% of those who marry after the age of 25.

Worksheet #1

Divorce is an extremely difficult situation for children to experience. This worksheet can help you explore your thoughts and feelings. Answer the following questions to help you explore your thoughts and feelings.

How does divorce make you feel? Encircle the following options below. You can select as many as you like.

SHOCK

WORRY

ANGER

FEAR

SADNESS

EMBARRASSED

GUILT

LONELINESS

ANXIETY

RELIEVED

What does divorce look like to you?



If a genie could grant you one wish related to your family, what would you wish for? Draw a picture of your wish.

Worksheet #2

Answer the following questions to help you explore your thoughts and feelings.

How has your life changed since the divorce?

Who do you talk with about the divorce?

What do you think good has come from the divorce?

What are your worries and concerns?

What do you think your life will be like in five years?

Worksheet #3

Answer the following questions to help you explore your thoughts and feelings.

What good qualities does each of your parents have?

PARENT 1:

PARENT 2:

What are some questions that you have for your parents?

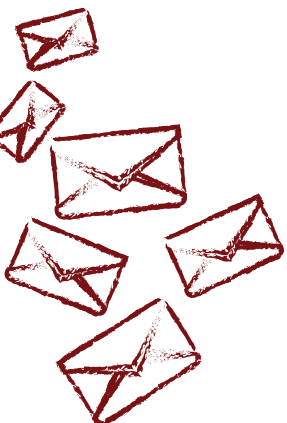
Parent 1:

Parent 2:

PARENT 1:

[illegible]

PARENT 2:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Tips to Help You Deal with Divorce



BE FAIR TO BOTH PARENTS

Do not “take sides”. Be able to openly talk or be with a parent without getting angry or jealous.

WORK IT OUT

Coordinate with both of your parents on how you will spend time with each parent.

STAY IN TOUCH

Alternate time with each parent. You can also write email, letters or postcard.

DON'T WORRY ABOUT THE FUTURE

Communicate to your parents about your concerns. Let them know about it, and together you can come up with a solution.

KEEP LIVING YOUR LIFE

Do what you love to do and if you need support, lean on your friends, other family members, and trusted adults.

FOCUS ON THE POSITIVE

Resources:

- <http://safeteens.org/relationships/dealing-with-divorce/>
- <https://www.kidsfirstiowa.org/additional-resources/info-kids>
- <https://gillespieshields.com/101-facts-about-divorce-in-2021/>
- <https://www.hamptonroadslegal.com/faqs/facts-on-divorce-in-america.cfm#:~>
- <https://extension.missouri.edu/publications/gh6602>

Books for Children*

Divorce Pre-School Age

- Dinosaurs Divorce – Laurie Krasny Brown & Marc Brown
- Where is Daddy? – Beth Goff
- My Mother's House, My Father's House – C.B. Christiansen
- My Family's Changing – Pat Thomas
- Two Home by Claire Masurel
- Little Children, Big Challenges: Divorce; Sesame Street resource kit and video

Divorce Elementary Age

- At Daddy's on Saturdays – Linda Girard
- Why are we getting a divorce? Peter Mayle
- When My Parents Forgot How to Be Friends – Jennifer Moore-Mallinos
- A Smart Girl's Guide to Her Parents' Divorce: How to Land on Your Feet When your World Turns Upside Down
- Why did you have to get a divorce? And WHEN can I get a Hamster? – Anthony E. Wolf
- Why Do Families Change?
- Two Homes

Divorce Teens and Pre-Teens

- It's not the end of the world – Judy Blume
- When Divorce hits home – Bath & Thea Joselow
- What in the World Do You Do When Your Parent's Divorce? A Survival Guide for Kids – Kent Winchester & Roberta Beyer
- Divorce is Not the End of the Word: Zoe 's & Evan's Coping Guide for Kids – Zoe Stern

(LIST CURATED BY KATHLEEN COUGHLIN, LCSW):

Contact Us

Speak to a Marriage Counselor at The Marriage Restoration Project



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Book a time to talk

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