

Thinking About Divorce

Divorce is always hard on a family and often teens have the hardest time adjusting. Most teens feel lots of emotions when their parents are going through a divorce, including anger, confusion, sadness, and more. Often you will feel different emotions at the same time.

Eventually, you will have to accept that the divorce is a reality. This worksheet is designed to help you see that while divorce will certainly change your life, it may also bring some improvements along with the difficulties. For example, some teens say that when their parents divorce there is less fighting, they get more positive attention from their mother or father or both, and that the divorce gives them time to focus on their own future and what they want and need. Fill out this form as honestly as possible. It might help you cope with a difficult situation.

Improvements	Difficulties

